

SURGERY CENTER OF PINEHURST
Home Instructions for Lumbar Diskectomy/Laminectomy

These are general guidelines and your doctor may have different and/or additional instructions.

PAIN

Some pain is normal after surgery. You may be given a prescription for pain medication that you can use after going home. Do not take pain prescriptions on an empty stomach. Pain medications can cause dehydration and/or constipation to lessen this you need to drink plenty of fluids. Do not drive as long as you are taking pain medications. For less severe pain after going home, you can use Acetaminophen (Tylenol) or Ibuprofen (Motrin) by mouth.

WOUND CARE

Keep surgical incision dry for 2 days after surgery to include showering time. Remove outer dressing 2 days postop and leave Steri strips in place. Do not apply lotions or creams to your incisions; these may interfere with healing.

ACTIVITIES

- You should not drive until released by your doctor.
- Walking and climbing stairs is good for you after surgery.
- Do not bend, twist, push or pull.
- Do not lift greater than 5 pounds.
- Your doctor will discuss with you when you may return to work.
- Do not drive until cleared by the doctor.

CALL YOUR DOCTOR FOR ANY OF THE FOLLOWING

- Your incision becomes red, swollen, severely painful or ANY drainage noted.
- Fever over 100 degrees Fahrenheit (taken by mouth)
- Increase in your neck or arm pain/leg pain.
- Bowel or bladder changes.
- New weakness or numbness.

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