



Lumbar Microdiscectomy/ Foraminotomy Post-operative Instructions

Successful surgery depends not only on the success of the procedure, but also on your cooperation and compliance during the post-operative period. To assist you in this process, below are instructions and guidelines to follow during your recovery period.

Wound

- There are typically dissolving sutures in the incision that do not need to be removed. Your incision will be assessed for these at your post-operative office visit.
- Begin changing your dressing daily after post-op day 2. You may shower but you need to cover the incision with a plastic covering to keep it dry. **Do not swim or soak in water for 6 weeks.**
- The small paper tapes on your incision will be removed in the office at your post-op visit or will be allowed to fall off themselves.
- Do not put creams or ointments on the wound.

Pain Relief

- Our office will provide you with prescription pain medication to help with your surgical pain. You should use these medications only as directed and only if needed.
- As your incision heals, we would expect you to begin weaning from prescription medications. This should begin about 2-3 weeks after surgery.
- If you are prescribed antibiotics after surgery, please finish them in their entirety.
- You will need to avoid anti-inflammatory medications for 1 week before and 2 weeks following surgery.

- You will need to avoid blood thinners (Aspirin, Coumadin, Lovenox, Plavix) for 1 week prior to surgery. In most cases, you may restart them (at the doctor's discretion) 4 days after surgery or 4 days after drains are removed.
- **Remember, ABSOLUTELY NO MEDICATION REFILLS WILL BE PROCESSED ON THE WEEKEND.** Please plan accordingly. Contact your pharmacy to process all refill requests.

Exercise/Activity

- Avoid riding in a car for 2 weeks – unless medically necessary.
- Wear the white compression stockings given to you at the hospital for 2 weeks following surgery. You can take them off when walking but should wear them at night and when inactive for prolonged periods.
- The best exercise is walking. Small amounts done frequently are best. Try to set a goal of one mile per day total. It is best to stay mobile. Do not try jogging for at least 8 weeks.
- You should limit sitting to 20 minutes per hour during the first 2 weeks following surgery. After that, you may gradually increase sitting as tolerated. Sitting in a recliner is the same as sitting in a regular chair.
- No bending or twisting at the waist during the first 2 weeks after surgery. Physical therapy will assist you in returning to these activities.
- Do not lift more than 5-10 lbs for the first 3 weeks after surgery. You will start physical therapy at approximately 3 weeks after surgery (3 x week for 4 weeks). The physical therapy will assist you with increasing your physical activity safely.
- Avoid stairs for the first 2 weeks after surgery – they are a fall hazard.
- A “special” mattress is not required after surgery. You should avoid sleeping on a waterbed – they do not provide good spine support.
- **DO NOT SMOKE.** Smoking could delay or interfere with your body's ability to heal after surgery. See your primary care physician if you need assistance to quit smoking.

Driving

- You are not allowed to drive for approximately 2 weeks after surgery. We would prefer you attend at least 2 physical therapy appointments before driving. Remember, riding in a car is sitting – so

do not plan long trips without adequate resting periods.

- It is the policy of this office to advise you not to drive while under the influence of pain medications.

Return to Work

- If you can work from home, you can begin doing light desk/phone work as tolerated about 1-2 weeks after surgery.
- If you have to report to the office to perform your job, you will be able to do this between 2-3 weeks after surgery. You will be restricted to light desk/phone type work.
- If your job requires heavy physical activity, you will be unable to perform this type of work for at least 10 weeks after surgery.

Follow-up

- You have a follow-up scheduled with one of our clinical staff in our Plano office on _____ . Please arrive at least 10 minutes early to check in.

What to Watch For

- Please contact our office for any of the following:
 - Oral temperature greater than 100.5 ° F
 - Excessive redness, swelling, or drainage at the incision site
 - New, increasing pain/numbness/weakness
 - Clear liquid draining from the wound
 - Headaches or dizziness that occurs when upright that is better with lying down
- Numbness present before surgery may take several months to resolve. Please be aware there may always be some residual numbness.
- For general medical problems such as sore throat, cough, nasal drainage, etc., please contact your primary care physician. You should also contact your primary care physician regarding in questions about your routine medications not prescribed by this office.
- For medical emergencies, please call 911 or report to the nearest emergency room.



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Date of Surgery: _____ Scheduled Surgery Time: _____ Hospital Arrival Time: _____ No food or drink after midnight day prior to surgery.