

## **Post Operative Instructions: Lumbar Laminectomy/Discectomy**

**Diet:** Maintain your regular diet.

### **Medications:**

You may use stool softeners, Tylenol or Advil as you need. Narcotic medication may be prescribed.

### **Activity and Restrictions:**

1. Avoid repetitive bending, twisting and sitting for longer than approximately 45-minute periods. The act of prolonged sitting, bending, heavy lifting and twisting does cause more stress on your discs and can cause recurrent herniated discs in the early postoperative period. We recommend more of a reclined position or slouched on a sofa; however, strict bed rest **is not** required or recommended.
2. You should not drive until you are clear by your surgeon. Following such an operation, you may find that your reaction times are slow because of pain, generalized fatigue, stress of surgery, and prescribed pain medication. You may ride in a car and may find it more comfortable in a reclined position or in the back seat. If you are planning to take long trips, please try to take interval breaks, every 45 minutes, getting out of the car and walking short distances.
3. You may take short walks inside or outside of your home. You may walk up and down stairs. You are to avoid any type of whirlpools or tubs.
4. You are to avoid housework, yard work, snow shoveling, lifting more than a few pounds or any strenuous activity. Do not begin any exercise program or sports program until you are instructed to do so.
5. If you smoke, remember that smoking impairs healing of bone and thus slows the rate of your recovery, possibly leading to poor results. Smoking cessation will not only help you heal but will improve your general health.

### **Wound Care:**

1. If you have staples, they will be removed anywhere from 7 to 14 days after surgery either by a home nurse or by a nurse in the office.
2. Keep wound dry and clean for at least 7 days or until your staples or sutures are removed. You may shower with an occlusive dressing. If the wound becomes damp, it needs to be blotted dry and a dry sterile dressing applied. We recommend a dry sterile dressing of gauze and surgical tape be applied every day to every other day for at least 7 days or until you're external sutures are removed.
3. Report any increasing redness, discharge, persistent oozing or clear drainage from the wound.
4. The security strips or Steri-Strips that are in place on the back of the wound may be removed after 7 to 14 days.
5. If you develop fevers, chills, draining from your wound, progressive weakness or numbness in your lower extremities, difficulty voiding or have unrelenting pain despite medication, please contact us at (585) 295-5355 or out of area (800) 724-7712