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Discharge Instructions

Lumbar Discectomy or Laminectomy, Posterior Cervical Discectomy

Activity:

1. You may walk and use stairs as tolerated. You do not need to stay at home.
2. Avoid strenuous activities, such as bending, lifting and twisting. Lift no more than 5-10 pounds for the first 2 weeks.
3. Try to avoid driving for one week.
4. You may shower beginning the second day after surgery. Try not to let the shower hit the area of surgery directly, but let the water run down from above the surgical site.
5. You may have sex if you are the passive partner for 2 weeks.
6. Try to sit in a recliner chair for the first 2 weeks after surgery. Sit in a straight back chair only for meals during the first 2 weeks.
7. You may resume your usual diet.

Medications:

1. Take the pain medication you have been prescribed as needed. If you do not need strong pain medication, you may take just the anti-inflammatory such as NaproxenEC that you were also given.
2. If you were given a muscle relaxant, such as Robaxin or methocarbamol, take this 3 times a day.
3. If you are constipated, use milk of magnesia as directed on the bottle.

Follow-up care:

1. Call the doctor's office for an appointment (708.343.3566). You will need to be seen 2 weeks after surgery unless instructed otherwise.
2. Call the doctor if you get any of the following:
 - Severe pain
 - Fever
 - Bleeding from the surgical site
 - Swelling, redness or any drainage from the surgical site.
2. You may call for any other questions or concerns as needed. However, if you only need your medication refilled, call during our normal office hours to get them refilled (7:00a.m.- 4:00p.m.), Monday – Friday.