

## **Discharge Instructions**

### **Lumbar Discectomy**

#### **Activity:**

1. You may walk and use stairs as tolerated. We encourage walking postoperatively to decrease pain and the chances of blood clots in the legs especially in the first two weeks. You do not need to stay at home.
2. Avoid strenuous activities, such as bending, lifting and twisting. Lift no more than 10 pounds for the first 8 weeks.
3. Try to avoid driving until seen for the first post-op visit.
4. You may shower beginning the second day after surgery. You may let the water run down on the surgical site. Do not bathe.
5. You may have sex if you are the passive partner after 2 weeks post surgery.
6. Try to sit in a recliner chair for the first 2 weeks after surgery. Sit in a straight back chair if no recliner available. Do not sit on a couch for 2 months.
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 Aleve or Tylenol. If you were given a muscle relaxant, such as Robaxin or methocarbamol, take this medication at night and if the spasms are bothersome, three times a day.
2. Do not resume blood thinners until seen for your first post-op visit or in the first 10 days after the surgery.
3. If you are constipated, use milk of magnesia as directed on the bottle or other stool softeners.

#### **Follow-up care:**

1. Call the doctor's office for an appointment (708.765.3999). You will need to be seen around 10 days after the surgery unless instructed otherwise.
2. Call the doctor if you get any of the following:
  - Severe pain
  - Difficulty breathing
  - Fever
  - Bleeding from the surgical site
  - Swelling, redness or any drainage from the surgical site.
  - Weakness or numbness not present before the surgery
  - Bowel or bladder incontinence
3. 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 (7:00 a.m.- 4:00 p.m.), Monday – Friday.