



## **POST OP / DISCHARGE INSTRUCTIONS LUMBAR DECOMPRESSION, LAMINECTOMY & MICRODISKECTOMY**

**Mark Santman, MD / Rudi Dimas, PA-C**

### **WOUND CARE:**

- A sterile surgical glue (Dermabond) was placed over the incision (under the bandage) at the time of surgery. Dermabond can be removed after the 1<sup>st</sup> post op appointment.
- Keep incision site clean and dry.
- Avoid use of topical creams, ointments or lotions for first 2 weeks.
- Keep site covered with gauze dressing and change the dressing daily.
- May shower the day after discharge (remove dressing to shower). Pat area dry.
- Do not soak incision in water such as in a bath, hot tub or swimming pool for 3 - 4 wks.
- Ice packs for 20 minutes to incision and back 4 -5 times a day will help with swelling.

### **MEDICATIONS:**

- We will give you a prescription for pain medication upon discharge from the hospital.
- If you need a medication refill after surgery, call the office at (512) 509-0235 between 8am – 4pm, Monday thru Thursday. It may take 24 hours before script is ready.
- Medication refills are not given after hours or on the weekends.
- Take all medications as prescribed.
- Call your physician or ask the pharmacist any questions about medications or if you are unable to take the prescribed medications.
- DO NOT drink alcohol or drive a motor vehicle while taking pain medications.
- Pain medications cause constipation. Recommend regular use of over-the-counter laxatives and stool softeners (Surfak or Colace) on a daily basis while taking any pain medications.
- You may re start your baby Aspirin the day after.
- If you were taking Coumadin (Warfarin) or Plavix before surgery, you can resume blood thinners 5-7 days after surgery.
- You may substitute Tylenol (Acetaminophen) for your pain medication; however, no more than 4,000 milligrams in 24 hours because it can cause liver damage. Please note that most narcotic pain medications (i.e. Norco) have Acetaminophen combined with them.

**DIET:**

- Recommend a liquid diet (jello, soup, broth, etc.) after surgery. May advance to a normal diet if passing gas and no nausea or vomiting.
- A sore throat and hoarseness often occur after intubation and anesthesia.
- Drink plenty of cold fluids and/or eat ice chips to decrease a sore throat and swelling.
- Take a stool softener daily with full glass of water.

**ACTIVITY:**

- Walk daily. Walking is your physical therapy for the first 6 weeks after surgery; start slowly and increase distance and frequency of walks as tolerated.
- Continue to use your incentive spirometer every hour while awake after discharge.
- Practice deep breathing exercises daily.
- Wear your lumbar corset brace when out of bed walking or sitting in a chair as directed.
- Use a walker or cane only for balance for the first few weeks if you feel you need it.

**RESTRICTIONS:**

- No lifting, pushing or pulling > 10 lbs. (a gallon of milk is approximately 10 lbs.)
- No repetitive bending over at waist.
- Avoid repetitive bending or twisting,
- Avoid strenuous activities or vigorous pounding (i.e. heavy housework, yard work, running or boating).
- Avoid sitting in a recliner because the position will increase swelling in the lower back region.
- Avoid spending all day in bed. Take short naps during the day if needed.
- No driving while taking pain medication or muscle relaxers. We will discuss further at 1<sup>st</sup> post op appointment.

**FOLLOW-UP:**

- 1st appointment will be in office in 2 weeks after surgery with PA Rudi Dimas.
- 2nd appointment will be in office 6 weeks after surgery with Dr. Mark Santman.
- For any questions or concerns, call the Nurses Line for the Orthopedic Spine Surgery Department at (512) 509 0235.

**CALL THE OFFICE:**

- Signs of infection such as: fever > 101 degrees, chills and night sweats.
- Bleeding or continuous drainage from the incision.
- Redness or heat around surgical incision.
- Increasing back or leg pain not controlled with prescribed pain medications.
- Difficulty with urination or bowel movements.
- Neurological deterioration to include new pain or weakness in the legs.
- Severe headaches.

**GO TO ER FOR THE FOLLOWING:**

- Nausea and vomiting.
- Abdomen pain.
- Respiratory distress or difficulty breathing.

- Chest pain.
- Leg swelling, pain or signs of a blood clot.