

Spine Care Specialists

Orthopaedic Specialists of Northwest Indiana, P.C.

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DISCHARGE INSTRUCTIONS

For patients who have undergone: Lumbar Microdiscectomy, Decompression, or Laminectomy

WOUND CARE	<ul style="list-style-type: none">• NO TUB BATHS!• You may remove the wound dressing when you get home.• You may shower two (2) days after surgery.• Do not remove the steri-strips. Should one become loose or start to fall off, you may gently remove.• Report immediate signs of drainage, fever, redness, or swelling around the operative incision or increased pain in any one of your extremities.
INCISIONAL SWELLING	Swelling around the incision after surgery is normal. You may even notice a slight increase in swelling after activities. This should dissipate in time; however: <ul style="list-style-type: none">• <i>Please report any severe increased pain, swelling, redness, fever, drainage, or intractable pain immediately!</i>
POST-OPERATIVE ACTIVITIES	<ul style="list-style-type: none">• One you are home, the aerobic exercise that we encourage is walking. This should be done in a progressive manner, as tolerated.• You may also begin using a stationery bicycle four (4) weeks after the date of surgery, if this is available to you. You may use the stationery bike for 5-10 minutes twice per day. <i>Start out slow!</i>• You may begin driving a car for short distances after two (2) weeks; however, this may vary depending upon your driving a standard shift vehicle or have low/deep bucket seats.
FIRST POST-OPERATIVE EXAMINATION	Patients are seen and examined by their physician at two (2) weeks and six (6) weeks after the date of surgery, unless otherwise instructed. <i>Note: Please contact the office to schedule this appointment.</i> At that time you will be given a prescription for physical therapy and further instructions.
THINGS TO AVOID	<ul style="list-style-type: none">• Prolonged standing in one place and prolonged sitting is not recommended, as this may cause increased soreness and/or stiffness. <i>Note:</i> If you need to sit for a prolonged period of time, it would be wise for you to get up intermittently, walk around, and stretch your legs.• Adhere to bending and lifting restrictions until otherwise instructed by your physician.• You will be given instructions by a physical therapist while in the hospital on proper body mechanics. <i>Note: If an activity provokes any discomfort, don't do it!</i>
SPECIAL NOTE	If you reside out of state or out of the country, please contact the office for instructions regarding follow up visits.