

Postoperative Instructions Discectomy/Decompression

Discharge from the hospital

- Patient must have responsible adult to drive him/her home.
- Do not drive vehicle, operate hazardous equipment, make legal decisions or sign any legal documents for at least 24 hours after your procedure
- Do not drink alcohol
- Use an ice pack on your back for 15 minutes every 2 hours for the 1st 24 hours after surgery. Do not put ice directly on skin
- Call our office to make a follow-up appointment. You will need to be seen within 15 days of your procedure

Activity

- Rest on the day of your procedure
- Walking is encouraged. Do not sit longer than 20 minutes without getting up to walk around
- You may resume sexual activity as soon as it is comfortable
- Do not lift anything heavier than 10 pounds.
- A gradual resumption of exercise after 2 weeks is encouraged, starting with walking and light aerobics.

Bathing

- You may have a light shower the day after your surgery. Leave the initial dressing in place and then remove it after showering. If you plan to take a longer shower, cover the incision with plastic wrap. You may resume normal showering activity 2 weeks after surgery

Diet

- You may resume your normal diet
- With use of narcotic pain medications, constipation is common. Increase your water intake. Increasing the fiber in your diet is also recommended
- If constipation occurs, use of a laxative may be necessary

Medication

- You may resume taking all previous medications
- Take prescriptions as ordered

Although some discomfort is common, please call our office immediately if you:

- Have abnormal or excessive bleeding
- Have a fever greater than 101
- Have difficulty with urination or bowel movements
- Increased /persistent redness around incision site, any drainage of odor coming from incision site

Remember.....

- You may experience temporary numbness or weakness in your legs

