



Discharge Instructions-Lumber Discectomy

After Your Surgery:

1. Avoid repetitive bending or twisting
2. Do not lift anything heavier than a gallon of milk
3. Do not sleep on your stomach
4. Use ice as needed for comfort
5. Do not drive a car until cleared by your surgeon

Activity:

1. Walk several times daily and increase your distance as endurance increases
2. Your surgeon will let you know if additional therapy is needed

Wound Care:

1. You may shower as instructed, any special dressings/coverings will be provided
2. No submerged bathing/swimming until instructed by your surgeon
3. Check your incision daily a small amount of swelling and bruising is normal
4. Leave your incision open to air once it is no longer draining

If Taking Oral Pain Medications:

1. Follow instructions as printed on prescription
2. Do not drink alcohol while taking pain medication
3. Pain medications can cause constipation

Call Your Surgeon For:

1. Temperature above 101 degrees and/or chills present for more than 2 days
2. Pain not relieved by oral pain medication
3. Swelling ,coldness, paleness, blue coloring, numbness or tingling in operative foot
4. Any sign of incisional infection

If you have any additional questions please do not hesitate to contact your surgeon's office.