

Lumbar Discectomy and Laminectomy

Please call your surgeon's office if you feel any of the following:

- Pain that is worse than before the surgery.
- New numbness or weakness that doesn't go away.
- Unable to control your bowels or bladder. This might be more urination, burning pain, or being unable to urinate.
- Trouble swallowing or breathing.
- Redness, swelling, worse pain, hot to touch, or draining fluid from your wound.
- Fever above 101 degrees Fahrenheit and/or shaking chills.
- Continued nausea or vomiting.

If you can't reach your doctor, go directly to the nearest Emergency Room or call 911.

Medicines & Pain Control:

We need to know 2 business days before you need any refills.

- Always take your pain medicine with food.
- Do not drink any alcohol while taking pain medicine.
- Take your pain medicine as prescribed by your doctor.
- Do not drive or operate any machinery while taking your prescription pain medicine.
- Put ice packs over your wound dressing for 10-15 minutes every 2 hours for the first 24 hours after surgery. This can help lower incision pain and swelling.
- If you feel you need to take more than your recommended dose of medicine, please call our office at 885-0011. Do not increase on your own.

Daily activity:

- Do not lift or carry more than 5-8 lbs (the same as a gallon of milk). Use 2 hands to lift whenever possible.
 - Change positions often. Don't wait until it hurts to move. Don't sit for long periods of time, such as on long car rides or a riding lawn mower.
 - If you drove a car often before surgery, you can drive again after you meet all of these:
 - It has been at least 2 weeks since your surgery
 - You are not taking any narcotics or medicines that cloud your thinking
 - You feel like you can safely control your foot and leg
 - Do not use motorized vehicles (riding lawn mowers, ATV, snowmobiles, etc.) until you have had your post-op visit with your surgeon.
-

Neurosurgery Discharge Instructions - Lumbar Discectomy and Laminectomy

Body posture:

- Keep your shoulders and hips in a straight line. Avoid twisting, bending, squatting, or stooping. This means don't do things like:
 - Vacuuming
 - Raking
 - Shoveling
 - Standing at a counter or sink in stooped position
- If you are uncomfortable sleeping try 1 of these:
 - Sleep on your back with a pillow under your knees
 - Sleep on your side with a pillow between your legs to support the normal back curve

Exercise:

- Light exercise, such as walking short distances, helps healing. Stop if you feel unusual pain or discomfort.
- Wear sneakers or soft soled shoes when walking.

Cleaning and covering your wound:

- Do not take a bath, swim or submerge your surgical area in water until your incision has fully healed. You may shower on the day after surgery unless your wound is draining.
- Keep the dressing clean and dry for 24 hours. If the dressing gets wet, you should change it to a new, dry dressing. You can remove the dressing from your incision after 24 hours.
- You do not need to cover the incision unless there is drainage. Your incision is kept closed with glue. If there is drainage, keep wound dry for 5 days with daily dressing change. If drainage stops and wound is dry after that, you may shower with the wound uncovered.
- Only cover your wound with dry gauze if it gets irritated by your clothing.
- Do not apply ointments or creams to your wound until it has healed and there is no scab or opening along the edges.
- Do not touch the wound directly until it has healed.
- Make sure you or someone else checks your incision daily for redness or swelling. If you see redness or swelling, call our office at 207-885-0011.

Diet:

- Eat small, frequent meals at first and increase slowly. Listen to your body to know when you are ready to eat more.
 - Get more fiber through the food you eat or ask your pharmacist about over-the-counter fiber supplements to avoid constipation, especially while taking your pain medications.
-

Neurosurgery Discharge Instructions - Lumbar Discectomy and Laminectomy

When can I return to work?

You and your surgeon will talk at your follow up appointment to plan your date for returning to work. If possible start work again slowly. You can do this by working fewer hours at a time or for fewer days. Take short stretch breaks at work and change positions as often as you can. Try placing ice packs on your back during your scheduled breaks or 2-3 times per day as needed.

Normally, you may return to work when you reach these goals:

- You don't need or use medicines that cloud your thinking
- You are taking care of your needs, such as:
 - Bathing
 - Dressing
 - Driving
 - Making meals
 - Light household tasks
- You can move freely through the motions needed for your job. For example; sit, stand, walk, or carry

How long can I expect to be out of work?

For most people, the timeline of returning to work depends on how physically demanding your job is:

- If you normally don't lift more than 10 pounds and sit for most of your job, your job or activity level is **sedentary**.
 - You may return to work anywhere from 1-6 weeks after your surgery.
- If you normally lift up to 20 pounds and do more regular walking and standing during your day or you use leg controls, such as in bull dozer, your job or activity level is **light**.
 - You may return to work anywhere from 1-6 weeks after surgery.
- If you normally lift up to 50 pounds, lift objects throughout the day and have to carry up to 20 pounds, your job or activity level is **medium**.
 - You may return to work anywhere from 4-8 weeks after surgery.
- If you normally lift up to 100 pounds, lift objects often during the day and have to carry up to 50 pounds, your job or activity level is **heavy**.
 - You may return to work anywhere from 6-18 weeks after surgery.

You may have more restrictions. If you do, your surgeon will talk with you about this at your follow-up appointment. If you have questions or concerns about exercise or activity, we can write you a physical therapy referral. Call our office at (207) 885-0011 to ask.

Neurosurgery Discharge Instructions - Lumbar Discectomy and Laminectomy

Follow-up:

1. Call our office at 207-885-0011 within 3 business days after your surgery. We need to schedule or confirm your follow-up appointment.
2. **For all emergencies call 911.**
3. If you have any questions or paperwork (such as disability forms), please bring them to your next appointment.
4. Contact your Primary Care Physician for other healthcare maintenance.

.....

Maine Medical
PARTNERS
Neurosurgery & Spine

A department of Maine Medical Center

Maine Medical Partners – Neurosurgery & Spine

☎ 207-885-0011

mainemedicalpartners.org/neuroedu