



POSTOP CARE AFTER

LUMBAR LAMINECTOMY OR DISCECTOMY

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WOUND

- Staples come out 2 weeks after surgery
- **You can shower but keep the back dry (i.e. not soaking). Shower 3 days after surgery. Face the shower.**
- Do not swim for at least 4 weeks
- Do not put any creams on the wound
- Do not get the wound wet
- Do not take baths for 4 weeks
- For the first week after surgery, after every shower, pat the wound dry

EXERCISES

- The best exercise is walking. Small amounts frequently are best
- Don't go jogging or swim for at least 6 weeks after surgery
- Follow the guidelines given to you by the physical therapist in hospital

POSTURE

- Try and keep the back straight
- **Don't bend, lift or twist**
- Avoid sitting for over an hour without taking a break
- Keep mobile- change positions frequently

DRIVING

- Do not drive for at least 2 weeks after surgery
- If you must be a passenger in the car, recline the seat and travel short distances only for the first month
- When driving take a 15 minute break for every 45 minutes of driving

RETURN TO WORK

- You can return to a desk job 2-4 weeks after surgery. Don't sit for prolonged periods of time.
- See your neurosurgeon before returning to a physical occupation

PAIN RELIEF

- Tylenol, tramadol, Percocet or Vicodin can be taken for wound pain after surgery
- Robaxin or Flexeril is used for muscle spasm
- If there was pain in the arm or leg prior to surgery, It is not uncommon to get twinges of pain for up to a month after surgery
- Numbness is very slow to recover and there may always be some residual numbness
- Pins and needles are not uncommon after surgery but should settle over time
- **Do not take any anti-inflammatories (e.g. Voltaren, Mobic etc.) or aspirin for 10 days after surgery**

FOLLOW-UP

- You will need to see your neurosurgeon or his PA 2 weeks after surgery and then at 6 weeks

WHAT TO WATCH FOR

- If the wound becomes excessively red, swollen or painful or develops a discharge, or you have questions, contact your neurosurgeon at his office or go to the ER.
- If it is an emergency and you cannot contact anyone come to the Emergency Room
- **Constipation on pain pills is common- take fiber or over the counter stool softeners/laxatives. Your pharmacist can guide you**