

Dr. Le's and Alegre's Lumbar Laminectomy and Discectomy Instructions

Wound Care

You may shower the day following surgery but keep the incision/scar dry and free from direct water for three days. After you get the wound wet, in three days, put a dry dressing on the incision until your first appointment. Your doctor may have you go home with a drain. If so, the nurses will instruct you on how to manage the drain. He will instruct you to come to the Alpine office the follow day to have it removed or will instruct you on how to remove it the next day. Do not apply any lotion or creams to the incision and do not submerge in a bath or pool for at least 2 weeks.

Leg Stockings

The leg stocking are used to help prevent blood clots. You can remove them the week following surgery and can take them off to shower.

Activity Level

You can start walking immediately after surgery and will be encourage to walk a mile a day once you can tolerate it. You can do light hamstring stretching to gently stretch the nerves in your back. Some patients may need therapy, but this may be delayed for a few weeks after surgery. You should not drive for the first two weeks or after you have taken pain medications. Do not lift anything more than a gallon of milk during the first six weeks following surgery. You should not bend or twist while standing for the first six weeks. Your time to return to work will depend on what you do for work.

Post-op Medications

You should have pain medication and possibly muscle relaxer medication prescribed on your pre-surgery appointment that was sent to your pharmacy. You need to have this prior to being released home after surgery. You will take a baby 81 mg aspirin for 7-14 days following surgery to help prevent blood clots, unless you are already on a blood thinner or anti-platelet medication such as Plavix or Brilinta. Unless otherwise directed, you should resume your pre-surgery medications. If you need a refill on your pain medication, call the office or your pharmacy no less than one day prior to you being out of medication. We cannot prescribe medications after hours or on weekends

Diet

Resume your regular diet as tolerated.

Concerning Problems

Notify us if a lot of bleeding or drainage occurs beyond the first day. If you develop sudden weakness, or loss of feeling in your legs, call 911. You can expect some intermittent pain and tingling into your legs. If you lose control of your bowel or bladder, call 911, as this can be a serious problem. Notify your doctor ASAP if you have new weakness in your leg or legs, or worsening leg pain that does not go away. Notify us if you have a fever greater than 100 degrees, or severe headache with standing or sitting up.