

## Post-Operative Instructions for Lumbar Laminectomy/Discectomy

1. Please contact the office if any of the following should occur:
  - Green/yellow discharge.
  - Foul odor.
  - Increase in pain at incision site.
  - Opening of the incision.
  - Flu like symptoms.
  - Temperature above 101.5 degrees.
  
2. You will most likely have a waterproof bandage over your incision. You may shower the next day with this bandage in place, then pat it dry. Avoid bathtubs, swimming pools and hot tubs until after your first postoperative visit. If you have sutures or staples they will be removed 7-10 days after surgery.
  
3. You may drive when you are comfortable and no longer taking any pain medication.
  
4. Walk as much as possible – let discomfort be your guide. You may also go up and down stairs as much as you can tolerate. Walking outside (as long as it is nice weather) or walking on a treadmill is permitted (no incline).
  
5. Do not lift anything weighing greater than 10-15 lbs. Avoid bending at the waist or twisting.