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General Post-Operative Instructions for Lumbar Laminectomy/Microdiscectomy

Activity:

- Avoid bending, lifting, or twisting for at least 6 weeks or as directed by your doctor.
- Engage in light movement and walking as tolerated to aid recovery and reduce the risk of blood clots. Wearing compression stockings may be recommended.
- Sleep on your back or side for optimal recovery. Avoid sleeping on your stomach.
- Do not drive or operate heavy machinery until cleared by your healthcare provider.

Wound Care:

- Keep the surgical dressing clean and intact unless instructed otherwise.
- Showering is allowed if the dressing is securely in place and protected from direct water exposure. Avoid baths, pools, or hot tubs until fully healed.
- If using a battery-powered dressing, disconnect the battery before showering.

Medications:

- Resume blood thinners, anti-inflammatories, and supplements only after the recommended waiting period (typically 5 days) or as advised by your doctor.
- Take prescribed pain medications and antibiotics as directed to manage discomfort and prevent infection.

Future Care & Expectations:

- Monitor for signs of complications, including:
 - Blood clots: calf pain, redness, swelling, chest pain, or shortness of breath.
 - Infection: fever, excessive bleeding, abnormal drainage, or worsening pain.
 - Neurological issues: progressive numbness, tingling, weakness, or loss of bowel/bladder control.
- If you experience any of these symptoms, contact your doctor immediately or go to the emergency room.
- Follow up with your surgeon as scheduled for post-operative evaluation and further guidance on recovery.

NOTE: The patients will be given detailed discharge instructions according to the procedure undergone on the day of the surgery.