

Lumbar Decompression Post-Operative Instructions

Wound Care

- * Keep your incision area clean and dry.
- * Let the steri strips fall off by themselves. If they have not fallen off in ten days to two weeks-please remove them.
- * Do not put any kind of ointments or antimicrobial solutions over the incision or steri strips.
- * If you notice any drainage, redness, swelling, or increased pain at the incision site, please call the office and report your findings.

Showering

- * You may take a shower 5 – 10 days AFTER surgery. You may wash the incision with soap and water and then pat dry. No need to cover the incision, leave open to air.
- * DO NOT take a bath or get into any type of pool for at least 2 weeks.

Activities

- * You may walk as much as you like. Walking is good for you.
- * You may engage in sexual activities two weeks following your surgery date, as long as it is not painful. You should be in a lying position with your partner on top.

Restrictions

- * **Do not pick up any objects weighing more than 5 to 10 pounds of total weight for at least 6 weeks following your date of surgery.**
- * **Avoid stooping, bending or twisting at the hips for 6 weeks.**
- * **No athletic activities until you have discussed your limitations with Dr. Taylor at your six week follow-up appointment.**

Follow up appointment

If Dr. Taylor's nurse has not already made a six week follow-up appointment for you, please call Lori, 314-336-2555.

****SEE OTHER SIDE OF THIS SHEET FOR FURTHER INFORMATION****

Questions

For any post-operative questions please call Dr. Taylor's nurse, Lori, at 314-336-2555.
Download the form via our website at:

<http://www.drbretttaylor.com/medicalrecordsreleaseform.pdf>

Emergencies

During business hours (Monday- Friday 8:00 A.M. - 4:30 P.M., except holidays) call 314-336-2555. **Specify to the operator that you are calling and that you have an emergency.** The operator will connect you with Dr. Taylor's nurse. Dr. Taylor's nurse reports all emergencies to Dr. Taylor.

IMPORTANT: Refills of medications need to be done during business hours.
NO pain medications will be given over the phone after hours or on week-ends.

Please call with any questions or concerns. We will be glad to assist you in any way to help in your recovery period.

Sincerely,

Dr. Taylor and his Staff