

Lumbar Discectomy 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.
- * You may recline in a reclining chair.

Restrictions

- * **Limit sitting in a straight back chair to 20 minutes at a time. If needing to sit in a straight back chair for a long period of time, use a towel roll or lumbar support device in the lumbar area while sitting.**
- * **Do not pick up any objects weighing more than 5 pounds of total weight for at least 6 weeks following your date of surgery. (one half gallon milk)**
- * **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.**

SEE OTHER SIDE OF THIS SHEET FOR FURTHER INFORMATION

Follow up appointment

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

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.drbrrettaylor.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 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 during your recovery period.

Sincerely,

Dr. Taylor and his Staff