

Heartland Neurosurgery
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Waterloo, IA 50702
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Postoperative Care – Lumbar Laminectomy or Discectomy

1. The incision on your back should require very little care. It is best to leave it open to air. If you go home with a dressing you can take it off two days after surgery. Cover it with a clean dressing if there is any drainage. Do not apply any ointments or lotions to the incision. It is best to keep the incision clean and dry.
2. DO's
 - . Minimize the use of stairs and cars.
 - . Do get plenty of rest, eat a well balanced diet, and drink plenty of fluids.
 - . Do moderate exercise such as walking.
 - . Do vary your activity – sitting, standing, laying- so you are not doing any one activity for an extended period of time.
 - . Do take a quick shower two days after surgery only when there is no drainage. Do not stand with the shower hitting the incision directly. Be sure to dry the area by patting gently with a towel or blow drying the area on cool or low.
 - . Do take prescribed medications for pain as indicated and necessary, don't wait for pain to become intolerable.
 - . Use common sense...**If it hurts, don't do it!**
3. DON'Ts
 - . Don't take a bath or immerse in water.
 - . Do not drive until two weeks after surgery or approved by provider.
 - . Do not lift anything over 10 pounds (approx. one gallon of milk) until approved by provider.
 - . Avoid bending or twisting movements.
4. Expected recovery time and release to go back to work depends on your job and healing time. This decision will be made by your provider.
5. Call the office at 319-226-9888 immediately if any of the following occur:
 - . Temperature greater than 101.5 degrees and you don't have a cold or the flu.
 - . Any severe change or increase in your pain or new weakness.
 - . Any new decreased sensation, numbness or tingling in legs and/or arms.
 - . Any redness or drainage from the incision or drain sites.

6. Follow-up in the office in about three weeks with the physician assistant/ nurse practitioner unless instructed otherwise. An appointment should have been made for you by the nurse when you left the hospital, if not, call the office at 226-9888 to schedule an appointment. If you have any questions regarding your appointment please call our office Monday –Thursday 8:30-12:00 or 1:00- 4:30 or Friday till noon.
7. Please check your prescription medications. If you are getting low and will need a refill, please call our office before 11:00 am **Tuesday** or **Wednesday** and your refill will be called in to the pharmacy sometime that afternoon. No prescriptions will be called in on Fridays as the physicians, PAs and NPs are in surgery all day during this time.