
Discharge Instructions: Microdiscectomy and Lumbar Decompression without Fusion

Wound Care

- The incision is covered with skin glue with a gauze and clear adhesive dressing on top.
- The gauze and adhesive dressing can be removed two days after arriving home from surgery. After that, no dressings are needed.
- You may start showering on the 2nd day after leaving the hospital. The skin glue is a water-tight barrier. Pat dry the wound after showering. Do not rub the wound.
- You may **not** submerge the wound under standing water until cleared to do so in the doctor's office (i.e. no baths, hot tubs, or swimming pools).
- The skin glue will fall off on its own. If it begins to peel, carefully trim the glue at the skin edge. This usually takes around 1-2 weeks.

Post-Surgery Pain

- Pain after surgery is normal. You may have some return of your pre-surgery symptoms and this is normal. Overall your pain should slowly decrease. You may have good and bad days.
- The pain medication (Percocet) may be taken every 4-6 hours as needed for pain.
- The stool softener (Colace) should be taken 2 times a day to prevent constipation.

Post-Surgery Activity

- There are activity restrictions for 4 weeks after surgery: 1) No bending past 90 degrees. 2) No heavy lifting more than 5lbs. 3) No twisting.
- Gentle physical therapy for stretching and strengthening may be started after your 2 week post-op appointment.
- You may return to work when your pain is controlled and you are able to follow the above activity restrictions.

Follow-up Visit

- The first follow up visit will usually be 2-3 weeks following surgery.
- If you do not already have your follow up appointment with Dr. Johnson, please call the SpineCare office for assistance: (650) 985-7500.

Please call the office or proceed to the nearest ER for severe pain, fever (temp >100.4), wound drainage for more than 1 week, or any other concerning symptoms.