

Post Op

Instructions for Post-Op Discectomy/Decompression Patients

If you experience any complications, please contact our office at
256-327-7463 (256-32 SPINE) or Toll Free 1-877-957-7463 (1-877-95 SPINE).

1. Your wound will have a dressing which may be removed on the second day after surgery. If the wound is dry, you may leave it off; however, if the wound still has any drainage, you need to keep the dressing on it in order to keep it from staining your clothes.
2. You may take a shower on the second day after surgery; however, you should not get in a tub where the wound may soak in water.
3. Activity should be restricted to that which is tolerated with comfort. You may ride in a car within comfortable limits; however, driving a car is not recommended as long as you are taking pain medication. Try to limit lifting to less than 15 pounds as much as possible until seen back in the office.
4. You may want to take a stool softener to avoid significant straining.
5. A follow-up appointment should have been arranged for one week after surgery, if this has not been done, please contact our office.
6. If you note any redness around your wound, have any significant drainage which may look like infection, or develop a fever, please contact us.
7. You may be given a prescription for antibiotics after surgery. Take these until all medication is completely gone. If you have an allergic reaction to this medication, please notify our office.
8. You should receive a prescription for pain medication before leaving the hospital. If you run out of pain medication and need a refill, please call our office. Medication cannot be given after office hours, on weekends or holidays.
9. You can use steps without restriction. Our only concern is to avoid falls.

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Toll Free Spine Care Hotline:
1.877.957.7463 (1.877.95 SPINE)