



Desert Spine Institute
2281 W 24th St
Suite 15
Yuma, AZ 85364

LUMBAR

DECOMPRESSION /

DISCECTOMY DISCHARGE INSTRUCTIONS



SHOWERING

- You may shower once your incisions have been completely dry and without drainage for two days. Hair washing is permissible while in the shower. No baths or hot tubs until seen in the office.



EXERCISE

- You have unlimited walking and stair climbing privileges.
- Do not bend or twist at the waist- rather bend at your knees.
- Do NOT lift anything weighing greater than 10-15lbs for the first 6 weeks after surgery.

INCISION

- Please make sure your incisions are checked regularly for signs and symptoms of infection.
- If you notice drainage, redness, fevers, or flu-like symptoms, please call the office.



SLEEPING

- You may sleep in any position which makes you comfortable.



EATING

- There are no specific eating restrictions.
- Watch for constipation which can occur due to narcotics and decreased activities. Fluids are encouraged.



PAIN MEDICATION

- Take pain medications as prescribed.
- As your pain level decreases, you may take over-the-counter medications as needed.
- Resume your regular medications (blood pressure, etc. ...) unless told not to.



DRIVING

- You may be a passenger for short distances (20-30 minutes).
- If you must take a longer trip, make sure to make several stops so that you can walk around and stretch your legs.
- You can resume driving once you feel comfortable doing so.



FOLLOW-UP APPOINTMENTS

- Your follow up appointment is generally about 2-4 weeks from your surgery date.
- Call at any time if you have any questions or concerns.