



34020 WEST 7 MILE ROAD, SUITE 101, LIVONIA, MICHIGAN 48152

T) 248-516-5016, F) 248-517-5017

**Today Procedure: Endoscopic Discectomy Procedure**

**POST PROCEDURE INSTRUCTIONS:**

1. If you received IV sedation with the procedure, your reasoning, coordination, and reflexes are decreased.

Therefore:

A. You must not operate a vehicle or use machinery/appliances for twenty-four (24) hours.

B. Avoid making critical decisions for twenty-four (24) hours.

C. No alcoholic beverages for twenty-four (24) hours.

2. Return to your usual diet.

3. Resume all preoperative medications.

4. Keep dressing dry and intact for 24 hours.

5. Do not shower for 24 hours, do not bathe or swim for 48 hours.

6. Contact your physician if you notice bleeding or drainage from the puncture site, unusual redness or swelling around the site, new persistent pain, fever above 100 degrees F.

7. Your pain may return after the local anesthetic wears off. It may take up to 72 hours for steroid to take effect.



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**SPECIAL INSTRUCTIONS:**

1. This is a non-surgical procedure for the treatment of your herniated disc.
2. You may experience discomfort after the procedures due to the tools used and the tissue irritation, it may take up to 3 weeks to resolve post procedure pain.
3. You may have some increase in pain, pressure and shooting sensation down the leg initially due to swelling and post-operative healing.
4. Most patients feel relief within the first few weeks but expect continued improvement and recovery up to 6 months from your procedure day.
5. You may use any symptom relieving treatment you have found to be useful in the past (i.e. apply ice, massage, rest, relaxation, etc.). You may also resume any medication such as anti-inflammatory drugs, muscle relaxants or prescription pain medications.
6. Keep wound clean and dry, you may not shower for 48 hours, and no bathing for 1 week after procedure.
7. If there is a non-dissolving suture you may need to return to the office for removal in 10 days to 2 weeks.
8. Wear your back brace for 2 weeks after the procedure.
9. Avoid chiropractic care for at least 4 weeks after the procedure.
10. You may resume regular daily activities but limit leaning, bending and twisting.
11. Gentle physical therapy with no manipulation or excessive flexion is ok.
12. Try to walk as much as possible to lower the risk of blood clot formation.



# Enhance Center

## Interventional Spine & Sports

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### **Patient Instructions: Post Procedure Fall Precautions**

#### **After Your Procedure**

- Have someone check on you for the next 12 hours.
- Always have a way to call for help. If you have a cell phone or portable phone, always keep it with you for the next 12 hours.
- Keep a phone next to your bedside or area where you rest post-procedure.
- Keep a list of emergency numbers near the phone.

#### **To Get Up from Bed**

- Clear bed sheets from your feet.
- Move to the edge of the bed and roll onto your side. Push yourself up with your hand.
- At the same time, swing your legs over the side of the bed.
- Sit on the edge of the bed for at least 30 seconds before standing up.
- With both feet firmly on the floor, put your hands beside you on the bed and slowly push yourself up.

#### **Get Help to Move Around**

- Take your time getting up at home and if needed, ask someone to help you.
- Sit up slowly and with help.

#### **Keep Things Within Reach**

- Keep the things you use often within easy reach, like tissues, remote control, snacks and drinks.

#### **What to Do If You Fall**

- Above all try to stay calm
- If you start to fall, try to relax your body. This will reduce the impact of the fall.
- Call family member for assistance.
- Don't rush to get up. First, make sure you're not hurt.
- Be sure to get checked by your healthcare provider for any injuries.

#### **Using Curbs and Stairs**

- Curbs, steps, or uneven pavement can trip you. Take care when near them.
- Check the height of a curb before stepping up or down. Be careful with uneven and cut-out sections of curbs.
- Don't rush when crossing the street. Watch for changes in pavement height.
- On stairs, grasp the handrail and take one step at a time. If you ever feel dizzy on stairs, sit down until you feel better.