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LUMBAR DISKECTOMY/LAMINECTOMY/FORAMINOTOMY SURGERY DISCHARGE INSTRUCTIONS

Dear Patient:

*The following instructions will help you in your recovery from your surgery.
These are general guidelines only.*

1. Generally driving is not permitted for 3-5 days after surgery, but specific restrictions should be discussed with Dr. Taha. Avoid long car trips and stop frequently to get out of the car and walk.

2. YOU CAN SHOWER 2 DAYS AFTER SURGERY – DO NOT SCRUB INCISION AREA OR USE ANY TOPICAL OINTMENTS ** Do not submerge in a bathtub or pool until five weeks after surgery or otherwise instructed by Dr. Taha.
****Dr. Taha recommends you use the special Wound Cream after the Mesh has been removed at your first post-op appointment and this can be purchased from Wellness One Pharmacy (937)256-4000. (unfortunately insurance does not cover this wound cream – it is usually priced at \$1000 but Wellness One is discounting to around \$90-100 for our patients).**

3. USE ICE after surgery. Place an ice pack on the incision area for 25 minutes, then remove for 45 minutes. Repeat this cycle as many times a day as possible until you come in for your first post-op appointment to promote healing and reduce nerve pain.

4 Walking is encouraged, but should be the only physical exercise attempted until your follow-up visit with Dr. Taha. Gradually increase your walking sessions daily. Walking outdoors, if weather permits, or at a shopping mall, is encouraged. Walking up and down steps is allowed, however, limit your trips and use the handrail.

5. Avoid heavy lifting anything greater than 10 pounds.

6. Housecleaning is NOT permitted (this includes using the vacuum, ironing, loading and unloading the dishwasher, washer or dryer).

7. There are no dietary restrictions. Smoking is strongly discouraged because it will delay healing and increase the chances of complications such as infection.

8. If you regularly take pain medication to maintain your comfort, be aware that constipation may become a problem for you. To prevent this, use prune juice and/or bran cereals liberally. If you still become constipated for more than 2 days, please call our office to request Movantik (specifically for pain medicine induced constipation) or a stool softener. If you do get the Movantik there is a \$0 copay card at www.movantik.com.
9. If your incision begins to separate or if you have signs of infection, redness, swelling, pain or drainage seeping from your incision, call Dr. Taha's office.
10. Follow-up appointment should be 10-14 days after surgery, except when otherwise instructed by Dr. Taha.
11. You should avoid all non-steroidal anti-inflammatory drugs (like Aleve, Motrin, Advil, Ibuprofen, etc.) until your suture/staple removal appointment. In addition, do not smoke since this will increase the chances of complications such as infection.
12. Sexual activity is discouraged until your follow-up office visit.
13. Call Dr. Taha **IMMEDIATELY** if you notice clear fluid seeping out of the wound, if you notice a bulge under pressure over the wound or if you experience a severe headache.
14. Call Dr. Taha **IMMEDIATELY** if you have foot or leg weakness **that was not present before surgery**.
15. Call Dr. Taha **IMMEDIATELY** if you experience urinary and/or bowel incontinence.

These instructions have been designed to aid you in making a full and uncomplicated recovery. We ask you to follow these rules until you are seen in the office. At that time we will be able to evaluate your progress and advise you on further instructions. If you have any questions, please call Dr. Taha's office at (937)299-8242.