

## Post-operative guidelines for Lumbar Discectomy/Laminectomy

Phone: 423-541-5990

**Incision Care:** There will be a clear occlusive dressing over your incision after surgery. Leave this dressing on for 5 days after surgery then remove it. In most cases there will be steri-strips in place over the incision. Allow them to shed off over time – this usually takes about a week. You may get them wet in the shower once the dressing is removed. There may be suture tags at the ends of the incision or staples at the incision. Leave these in place. Clean the incision daily, after your shower, with a cotton ball soaked with Hydrogen Peroxide and pat it dry. Your surgeon will remove staples or suture tags at your post-op appointment.

**Showering:** Provided the clear dressing remains in place and water cannot touch the incision, you may shower on the first day after surgery. If this dressing loosens so the incision might get wet in the shower, do not shower until the 5<sup>th</sup> post-op day when the dressing is removed. Avoid bending and twisting from the waist during the shower.

**Driving:** Drive only when you can safely avoid an accident.

**Activity:** Advance your activity slowly. Remember – your body is using its energy to **heal**. You can expect to have less stamina than you usually have for the first few weeks after surgery. There is a direct relationship between activity and pain. If you are too active, you will have increased fatigue and pain. If this happens, it is better to decrease your activity to the previous level than increase use of pain medication.

**Lifting Restrictions:** It is recommended that you lift no more than 15 pounds for the first 2 weeks after surgery and not more than 30 pounds during the 3<sup>rd</sup> and 4<sup>th</sup> weeks after surgery. For reference, a gallon of milk weighs 8 pounds.

**Follow-up appointment:** In most cases, your follow-up appointment will be made at the time of your pre-operative conference. If not call our office on the day you come home from the hospital to make your follow-up appointment.

**Medication:** In most cases, you will receive a prescription for your post-op medications at your pre-operative conference. Take these medications as prescribed. Narcotic pain medication and muscle relaxers will be prescribed for a specific limited time frame after surgery.

If you need pain medication, please call our office and to notify Comprehensive Spine Institute at 423-541-5990. Please remember to leave your pharmacy phone number, street address and zip code. This information is on the prescription bottle. Please call 2 days before you run out of medication, or if it is nearing the end of the week, call on Thursday. Medications will only be called in Monday thru Thursday. The on-call doctor and the weekend call doctor will not phone in medications.

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**Medications, continued:** Use of narcotic pain medications may result in constipation. Use Colace (Ducosate Sodium) after you come home from the hospital for as long as you are taking narcotic medications. It is available over the counter; take it according to the package instructions. Remember to drink plenty of fluids and eat fiber in your diet, such as prunes, to help maintain normal bowel function.

It is important to have adequate Calcium intake. If you do not take three glasses of milk a day or the equivalent in other dairy products, you should take a Calcium supplement, normally 600 mg twice a day. You must have adequate Vitamin D intake to absorb Calcium; normally 400 i.u. daily. Calcium supplements are available over the counter that include Vitamin D. If you have skin exposure to sunlight of more than 20 minutes per 24 hours you will usually produce adequate Vitamin D.

**Work:** The time you are off work will depend on the work you do. If your work does not require lifting more than the limitations listed under “Lifting Restrictions”, you might be able to return to work with restrictions. Discuss this with your surgeon at your post-op appointment.

**Disability Forms:** If you have work related disability forms to be completed you may deliver, mail or fax them to this office. Our fax number is 423-728-1655. In some cases there will be a charge for completion of these forms. It will take 5-7 business days for the forms to be completed and faxed to your insurance carrier, so please plan ahead.

**Diet:** You need to eat a balanced diet to have the nutrients you need to heal. After surgery is not the time to go on a weight reducing diet. It is important to maintain good nutrition. If you are not eating well you need to supplement your nutrition with drinks such as Ensure.

**Smoking:** Use of nicotine containing products including cigarettes, cigars, pipe tobacco, chewing tobacco and nicotine patches has been shown to decrease bone healing and increase your risk of infection. It is recommended that you stop the use of nicotine products. Other health benefits have also been shown to result from stopping nicotine use.

**Questions:** If you have any questions or concerns, please do not hesitate to call Comprehensive Spine Institute 423-541-5990.

(Revised 07/06/2019 ajo)

## Antibiotic Prophylactic Regimens Recommended for Dental and Other Invasive Procedures

Situation	Agent	Regimen-single dose 30 to 60 minutes prior to procedure	
		Adults	Children
Oral	Amoxicillin	2 gm	50 mg/kg
	Ampicillin	2 g IM or IV	50 mg/kg IM or IV
	OR		
Unable to take Oral Medication	Cefazolin or Ceftriaxone	1 g IM or IV	50 mg/kg IM or IV
Allergic to Penicillins Or Ampicillin	Cephalexin**~	2 g	50 mg/kg
	OR Clindamycin	600 mg	20 mg/kg
Oral Regimen	OR		
	Azithromycin or Clarithromycin	500mg	15 mg/kg
Allergic to Penicillins Or Ampicillin and Unable to take Oral Medication	Cefazolin or Ceftriaxone~	1 g IM or IV	50 mg/kg IM or IV
	OR Clindamycin	600 mg IM or IV	20 mg/kg IM or IV

\*IM-Intramuscular

\*IV- Intravenous

\*\*Or other first or second generation oral cephalosporin in equivalent adult or pediatric dosage

~Cephalosporins should not be used in an individual with a history of anaphylaxis, angioedema urticaria with penicillins or ampicillin.

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## **Prescription Policy**

Prescriptions, both new and refill will be addressed Monday through Thursday, 8:30 a.m. to 3:00 p.m. The on-call physician will **not** call in medication after the hours posted or on weekends.

To expedite medication requests when contacting our office, please provide the name of the medication, the amount of the medication you are currently taking, the pharmacy name and telephone number, as well as your name, date of birth and a phone number, including area code, where you may be contacted.

Please allow 24 hours for your prescription request to be addressed with your physician and phoned into your designated pharmacy.

Dr. James M. Osborn

Dr. Garrick W. Cason