



# Dallas Neurosurgical & Spine

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## Lumbar/Cervical Disc Surgery: Post-Operative Instructions

### Incision Care

- Usually your stitches are beneath the surface of your skin. They will be absorbed into your body as you heal. Dermabond will be applied to incision site. It will come off naturally. Do not peel it off.
- You may shower, but no tub baths.
- You must keep your incision(s) dry for 7 days following your surgery.
- The bandage will need to be changed every day for 7 days. Do not apply anything to wound site. Keep clean and dry.

### Call Our Office

If you...

- Feel severe pain, weakness or numbness in your leg(s)/arm(s).
- Notice excessive drainage, swelling or increased redness around your incision.
- Have a fever of 101 degrees or greater.
- Have a new problem controlling your bladder or bowel.
- Have difficulty breathing or calf pain.

### Pain

You may still have some pain, numbness or tingling in your neck or arm(s). This should decrease gradually as the nerves heal. An ice pack may be used on the incision to reduce swelling and pain. Heat may be used 24-48 hours after surgery for muscular discomfort.

### Medication

- If you were given a Medrol Dosepak (steroid/anti-inflammatory medication) you may notice a slight increase in the above symptoms, as the Medrol Dosepak decreases. This is due to swelling and irritation around the nerve and will improve as you heal. Complete the full course of Medrol according to instructions in the package.
- You may be instructed to start taking a nonsteroidal anti-inflammatory medication (such as Ibuprofen, Naprosyn, Lodine) after you finish the Medrol Dosepak.
- You will be given a prescription for pain medicine when you are discharged from the hospital. Take as directed on the prescription. **Do not drive, operate machinery, or drink alcoholic beverages while taking this medication.**
- You may be given a prescription for muscle relaxants (to reduce spasms or tightness in your back). This medication may make you drowsy. **Do not drive, operate machinery, or drink alcoholic beverages while taking this medication.**
- Medications will be refilled during normal business hours (8:30 am – 5:00 pm, M-Thrs, 9:30 am – Noon Fri), as the physician on call cannot renew prescriptions.
- Take a stool softener ( i.e., Colace 100 mg twice daily) while on pain medications. If you do not have a bowel movement within 5 days of surgery and experience severe abdominal pain call your primary care physician or go to the E.R.

### Day Surgery Instructions

Day surgery can be offered to many patients undergoing disk surgery. When you get back to your room after surgery, you may be too sore or nauseated to go home and an overnight stay in the hospital can be easily arranged.

If you leave the hospital or surgery center on the same day of your surgery, you must do the following:

- You are encouraged to stay in the Dallas area if you live over 2 hours away.
- Call our office if you have any new weakness or numbness in your arms or legs.

The next morning, you may return home if you live out of town. You do not need to phone and check in but if you have questions, please do so.

### **IMPORTANT**

***The most dangerous but extremely rare risk of the same day disk surgery is the development of internal bleeding. This can put pressure on the spinal cord or nerves and cause paralysis. The potential crippling complication can be treated by reopening the incision and removing the blood, usually a clot. That is why the above precautions must be taken.***

### **Activity**

First Week:

- You may ride as a passenger in a car but do not drive.
- Walk around the house. You should be up and about for half of the day.
- Limit stair climbing to a couple of times per day, using the hand rail.
- Limit sitting to ½ hour at a time. Use straight back chair.
- Avoid house and yard work. You may cook but do not lift anything heavy.
- No sexual activity.
- You may shower but no tub baths. Pat incision dry, do not rub.
- Take a nap or at least rest in the morning and again in the afternoon.
- Sleep on a firm mattress.
- You will be given an exercise program at your first post-operative visit.
- No bending, lifting (greater than 10 lbs), twisting or straining.

Second Week:

- Start short walks outside, 1 to 2 blocks, twice a day. You may increase this as tolerated. Do not overdo it!
- You may climb stairs as tolerated. Be very careful coming down.
- Continue to avoid house and yard work.
- Continue to refrain from sexual activity.
- Continue to shower, and stay out of the tub.
- Continue to ride as a passenger in a car but do not drive.
- No bending, lifting (greater than 10 lbs), twisting or straining.

Third Week:

- Increase walking distance as tolerated.
- You may be up and about as tolerated.
- You may resume sexual activity, if you are relatively pain-free.
- Begin light housework. Do not sweep or vacuum. Stop for frequent breaks. Use good body mechanics.
- You can drive short trips of 10 to 20 minutes duration, if it has not hurt you to ride as a passenger. Move the seat close enough to the steering wheel so you can easily reach the pedals. A small pillow or towel behind your back may be helpful.
- No bending, lifting (greater than 10 lbs), twisting or straining.

**Activity (cont.)**

Fourth Week:

- Gradually increase all activity as tolerated.
- Increase your walking distance to one mile a day, as tolerated.
- You may bathe in tub if wound site is completely healed without scabbing.
- You may use hot tub or spa if wound site is completely healed without scabbing.
- No bending, lifting (greater than 10 lbs), twisting or straining.

**Follow-Up Appointment**

Your first post-op appointment should be 2-3 weeks following your discharge from the hospital. Please call early to get a convenient time.

**Return to Work**

Return to work varies with the type of occupation and will be discussed at your follow-up appointment.