



Jon Krumerman, M.D.

Lumbar/ Cervical Disc Surgery: Post-Operative Instructions

Incision Care

- Usually, your stitches are beneath the surface of the skin. They will be absorbed into your body as you heal. They are covered by Dermabond, a skin glue that protects your incision.
- You may shower but no tub baths. Avoid letting the shower spray on the incision. Pat incision dry after showering. Do not rub the Dermabond off.
- If metal staples closed the incision, do not get them wet. Cover the area with a plastic shield prior to showering. Schedule an office appointment for removal 12 days post-op.

Brace and Bone Stimulator Instructions

For lumbar fusions wear your lumbar brace except while sleeping and showering for three months. Wear your bone stimulator except while showering for four months.

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°F or greater.
- Have a new problem controlling your bladder or bowel.
- Have difficulty breathing.

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.

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 the instructions in the package.
- You may be instructed to start taking a nonsteroidal anti-inflammatory medication (such as Ibuprofen, Naprosyn, Lodine) after you finish your 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 drink alcoholic beverages while on this medication.**
- You may have been given a prescription for muscle relaxants (to reduce spasms or tightness in your back). This medication may make you drowsy. **Do not drink alcoholic beverages while on this medication.**
- Medications will be refilled during normal business hours (8:30 am – 5:00 pm, Monday – Thursday and 8:30 am – 12:30 pm Friday) as the physician on call cannot renew prescriptions.



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Day Surgery Instructions

Day surgery can be offered to many patients undergoing disc surgery. When you get 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.

- 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 or excessive back pain.

IMPORTANT

The most dangerous but extremely rare risk of the same day disc 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. This 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 a day, using the hand rail.
- Limit sitting to half an hour at a time. Use straight back chairs.
- 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 the 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 may lie on your back or your side but not on your abdomen. A small pillow, towel or lumbar roll might be helpful to keep your back straight.
- You will be given an exercise program at your first post-operative visit.

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.
- You can drive short trips of 10-20 minutes duration, if it has not hurt you to ride as a passenger. Move the seat close enough to the steering wheel so that you can easily reach the pedals. A small pillow or towel behind your back may be helpful.



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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 may bathe in tub if desired.

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 desired.

Follow-Up Appointment

Your first post-op appointment should be 3-4 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.

Contact Number

Office: 214-750-3646