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CANADA

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***Lumbar Laminectomy and Discectomy
Patient Instructions***

Wound Care

Please keep the incision dry for 10 days following the operation. If you wish to shower, have someone tape Saran (plastic) wrap around the incision and take a brief shower. If the dressing is dirty or wet, remove and replace with a new one. Make an appointment with your Family Physician to assess the incision to ensure that there is no infection (redness with fever and chills) and remove any steri-strips, sutures or staples, 10 days following the operation. Please keep the incision dry for 24 hours after the steri-strips, sutures or staples have been removed. If you notice any fever, chills, incisional redness, yellow discharge or clear discharge seek immediate medical attention and contact Dr. Sun's office.

Post-Operative Course

Occasionally leg pain may return, usually 1-3 weeks following the operation. The pain usually is not as intense as before and should settle with rest and anti-inflammatory medication. To prevent this pain from returning, take regular Ibuprofen (purchased over the counter) for 3 weeks after the operation as needed. Use as directed. This can be combined with Tylenol. Certainly if you have an allergy or intolerance to these medications you should avoid them and speak to your Family Physician regarding alternatives. Hold off on any strenuous or any aggravating activity and physiotherapy until it settles. If it does not, contact your Family Physician or Dr. Sun.

Activity

For the first 3 weeks after the operation do not do anything too strenuous, just walk within a comfortable degree. You should start physiotherapy after 3 weeks. General stretching and core stability exercises are the focus. Avoid any exercises or stretching that causes significant discomfort and any high impact, awkward lifting or heavy lifting activities.

Follow-up

Dr. Sun's office will make arrangements to see you in 2 to 3 months following the operation. His office will contact you with the appointment time within 2 weeks of discharge.