

# CAPITAL NEUROLOGICAL SURGEONS

## General Post-Operative Instructions for Lumbar Laminectomy

- Call the office as soon as you get home to schedule your post-op appointment in about a month. The office number is (916) 453-0911.
- Your dressing or large bandage may be removed two days after hospital discharge, or may be changed daily if drainage continues for a few days. If you have paper tapes over your incision they will fall off slowly or may be removed two weeks after discharge from the hospital. You may have dermabond, an adhesive that closes the wound. This can be left alone and will usually come off in about ten days.
- You may shower the day after hospital discharge, being sure to cover the incision area with plastic and tape to keep it dry, or as instructed by your doctor. If you have dermabond, you may shower immediately and there is no need to keep the area dry.
- After coming home from the hospital you ***may not ride in a car*** until your first post-operative visit to the doctor about one month after surgery.
- You should sit only briefly for meals or to use the toilet during the first one to two weeks at home. Lying on a couch or bed will be most comfortable for you.
- Pain medication and any other necessary prescriptions will be given to you at discharge from the hospital. If you need refills, please be sure to contact your pharmacy during regular office hours Monday through Thursday at ***least two days*** before you will run out. **No refills will be given on weekends or holidays.**
- You may begin taking short walks inside the house the first week home, gradually increasing to outside walks during the second week. No other exercise is recommended at this time. No bending, twisting or lifting activities are allowed.