

Lumbar Microdiscectomy



UHN

Information for patients and families after day surgery

Krembil Neuroscience Centre

Instructions For Going Home

Call your **Spinal surgeon**:

- If you notice signs of wound infection.
The signs are:
 - fever higher than 101.3°F or 38.3°C for more than 24 hours
 - increased redness, swelling, drainage and pain from the incision.
- Severe leg or back pain.
- Difficulty urinating.

Call your **Family Doctor**:

- Within one week of going home to make an appointment for a check up.
- To renew or change your pain medication prescription.
- If you have not had a bowel movement within 72 hours.

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Incision

- There are no stitches to be removed. The steri-strip or Band-Aid will peel off within 48-72 hours. You can throw it away.

Showering

- Do not shower until 3 or 4 days after your surgery. Use a towel to gently pat dry the incision.
- You may shampoo your hair in the shower.
- For 3 weeks after your surgery, do not soak in the bath.

Food

- Start with liquids and progress to your normal food when you can tolerate it.

Pain Management

- You will be given a prescription for pain medicine. Take the medicine as prescribed.
- Some pain is normal after surgery. It will improve each day. It is better to slowly reduce the medicine than to suddenly stop taking it.

Medications

- Ask your doctor if it's ok to take medications you were on before surgery (e.g. heart pills, blood pressure pills etc.).

Activities:

Walking

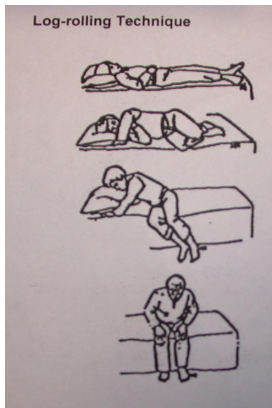
- Walking is very good for you.
- Start with 10 minute walks and increase to 20 minutes by 2 weeks after your surgery.
- Take lots breaks and walk at a comfortable pace.

Lifting

- Do not lift anything heavier than 10 lbs until your surgeon tells you it's ok.
- Pick things up by bending your knees. Do not bend at the waist.

Sitting

- Sit for only 20 minutes at a time. You can sit for longer as you feel more comfortable.
- Always roll on to your side to sit up from lying down. See the diagram below.



Lying on your back, bend your knees up.

Turn to one side like a log.

Bring your feet and legs off the bed.

At the same time, push your body off using your arms.

Driving

- Do not drive until your surgeon tells you it's ok.
- If you have to travel, take lots of breaks to stretch your legs.
- Put your seat back for comfort.

Sports

- Do not do any sports until your surgeon tells you it's ok.

Return To Work:

- Talk to your surgeon about when you should go back to work.
- When you go back to work will depend on what kind of a job you have.

Follow-Up Appointment

Your follow-up visit will be within

- 6-8 weeks
- 4-6 weeks
- other _____

My appointment is booked in:

- Spinal Cord Clinic
Spinal cord clinic is located on the
4th Floor, West Wing
Tel: 416-603- 5463
- Doctor's office

Doctor's Office Telephone Numbers:

Neurosurgeons

- Dr. Mark Bernstein (416) 603-6499
- Dr. Michael Fehlings (416) 603-5627
- Dr. Fred Gentili (416) 603-5250
- Dr. Ab Guha (416) 603-5740
- Dr. Mojgan Hodaie (416) 603-6441
- Dr. Andres Lozano (416) 603-6200
- Dr. Eric Massicotte (416) 603-5675
- Dr. Charles Tator (416) 603-5889
- Dr. Michael Tymianski (416) 603-5896
- Dr. Taufik Valiante (416) 603-5460
- Dr. Chris Wallace (416) 603-5428

Orthopedic-Spine Surgeons

- Dr. Steve Lewis (416) 603-5851
- Dr. Raj Rampersaud (416) 603-5399