

MICRODECOMPRESSION SPINAL SURGERY: POST OPERATIVE INSTRUCTIONS

Your surgery involves removing the part of the disc that has herniated into your spinal canal. This is done with a microsurgical approach to limit damage to the surrounding tissue and reduce recovery time.

When your surgery is complete, your nerves will be decompressed allowing them to function properly again. Please remember that internally, you are not healed until at least six weeks after the surgery.

For that reason, you must protect your surgical area and keep the stress on the repaired disc to a minimum. You also must have good quality nutrition. Poorly controlled medical problems and exposure to tobacco can also significantly limit your body's ability to heal. **With this in mind, please follow the instructions below to the best of your ability.**

Before Surgery:

- 1) Make sure you **do NOT** take any anti-inflammatory medication* or blood thinners for the **7 days prior** to your surgery date. If you are taking blood thinners, please contact the prescribing doctor before quitting the medication.
- 2) After surgery, you may have to choose to go home, to inpatient rehabilitation, or to another inpatient facility, such as skilled nursing. **Please discuss these options** with your family before surgery. Also inform your hospital nurses after surgery so that you may have a smooth transition when leaving the hospital.
- 3) **If you have NOT already had your first post-operative appointment scheduled**, please call the office and schedule your first post-operative appointment. It should be 10-14 days after your surgery.

Immediately after surgery:

- 1) **Keep your bandage on until your first visit with us, 10-14 days after your surgery.** It was placed in the operating room when your surgical area was clean. This bandage keeps any moisture and debris out of the surgical area and assists in preventing infection.
- 2) **Sponge-bathe only.** If the bandage starts to come off, you can reinforce the edges with paper tape. If it is peeling off more than that, **call us** and protect the incisions with dry gauze and paper tape.
- 3) **No driving** until after your first post-op appointment.

For six (6) weeks after surgery:

- 1) **Please try to walk upright.** Use a **lumbar corset if needed** and continue as long as you need. **It is very important for you to avoid falls and stumbles.**
- 2) **Limit the amount of bending, twisting, and lifting (>25 lbs.) that you do.** In the first six weeks, when your muscle is weak and recovering, a lot of that stress will be transferred to your surgical site. It is in your best interest to not overwork yourself. This will allow your bone, muscle, and disc the necessary time as it needs to heal.
- 3) **Please do NOT do any type of physical therapy, unless you have called us and we have specifically approved it.** Please inform other providers of this. **There is NO physical therapy for a minimum of six (6) weeks.** Your only exercise should be walking upright, with as much support from a walker as you need. You can walk at a brisk pace if you would like. Sitting for long periods is ok as long as it does not make you too uncomfortable. You do NOT want to prematurely stress the disc which could cause a disc reherniation.

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- 4) **Avoid and stay away from any use of Power Tools, Power Equipment, ATV's, Lawn Mowers, Tractors, and Guns.** These types of equipment increase the risk for accidents after surgery. Additionally, these types of equipment have micro-vibrations that can cause reherniation of the disc.
- 5) **Constipation** after surgery is very common. Narcotic medications can increase constipation. Use any standard **over the counter laxative** and try to stop the use of narcotic medication if possible.
- 6) Wear your pants and underwear **low and loose**, so that they do not rub the incision area. For women, wearing a gown or dress would be best. For men, wear suspenders to avoid belts if at all possible.
- 7) It is important that you get **GOOD NUTRITION** after surgery to help with healing. Make sure you take a **multivitamin, iron and calcium** after your surgery. You may not have much of an appetite, but it is very important that you get good nutrition. You may want to drink a **nutritional supplement like Boost or Ensure**.
- 8) **For diabetics, maintain excellent control of your blood sugar.** This will help you avoid infections and improve the chance of successful healing.
- 9) **If possible, STOP SMOKING** and stay away from smokers. **Heavy smoke exposure severely limits your ability to heal.**
- 10) If you need post-operative pain medications and you do NOT have an established pain management physician, it is likely that we will be providing you with post-operative pain medications. Confirm that your medication is sent to your pharmacy before surgery. **Please take your post-operative medication as directed on the bottle. If you feel that the medication is not helping enough or you need a refill, please call our office.**

Remember, you have just had a significant amount of surgery that will require healing. Try your best to stay away from strenuous or dangerous activity and call us if you have any questions.

These instructions should answer any of the questions you may have regarding your post-operative instructions or concerns. If you had additional questions that were not addressed, please do not hesitate to call our office.

Thanks, and we wish you Happy Healing,

Brazos Spine

***Examples of Anti-inflammatories**— NSAIDS: Advil, Ibuprofen, Aleve, Motrin, Mobic (Meloxicam), Celebrex (celecoxib), and also Steroid Medications: Prednisone, Celestone, Cortisone, Medrol Dose Paks, Toradol (Ketorolac), etc.