

# ATLANTIC SPINE SPECIALISTS

*Cervical Disorders • Degenerative Disorders • Spinal Trauma • Low Back Pain • Spinal Tumors • Scoliosis • Microsurgery*

## **Carl P. Giordano, M.D.**

*Fellow American College of Spine Surgeons  
Fellow American Board of Orthopedic Surgeons  
Diplomate American Board of Spine Surgery*

## **Richard S. Nachwalter, M.D.**

*Fellowship Trained Spine Surgeon  
Diplomate American Board of  
Orthopedic Surgery*

## **POSTOPERATIVE INSTRUCTIONS FOR DISCECTOMY, LAMINECTOMY, & DECOMPRESSION**

### ***Wound Care***

- Remove outer dressing over back wound 48 hours after surgery and leave wound uncovered and exposed to the air. Underneath this outer dressing will be steri-strips (small pieces of tape) these will fall off and should not be pulled off. If you perspire a lot you should keep the wound covered with a single gauze dressing changed twice daily for one week.
- 72 hours after surgery you may take a shower and get the surgical wound wet. You may not go in a bathtub, pool, Jacuzzi or any body of water for approximately two months. Do not soap or scrub the wound. Gently pat the wound dry after the shower. The steri-strips will frequently fall off within 1 – 2 weeks of surgery. Sutures closing the wound are placed under the surface of the skin and will dissolve on their own.
- Do not put any creams or lotions on your wound unless otherwise directed by your physician.

### ***Medications***

- You may be given one medication to take after you leave the hospital:
  - 1) A pain pill which you can take as you need it.

### ***Activity Restriction***

- Avoid bending over, lifting and twisting your lower back. You can walk for exercise after surgery as tolerated. Do not think that you can facilitate the internal healing process after surgery with exercises. This process will occur on it's own and takes approximately 12 weeks.
- Avoid driving for 2 weeks. You may ride in the car as a passenger, but you should recline the seat back to take stress off of your lower back. A decision will be made at your first post-op visit as to whether you are now able to drive.

(over)

**131 Madison Avenue, Suite 110, Morristown, New Jersey 07960 • Tel (973) 971-3500 • Fax (973) 683-0016**

66 Sunset Strip, Suite 400, Succasunna, New Jersey 07876  
541 East Broad Street, Westfield, New Jersey 07090

**[www.atlanticspinespecialists.com](http://www.atlanticspinespecialists.com)**

### ***What to expect after surgery***

- The majority of all patients will experience significant reduction of their leg pain shortly after surgery depending on : The duration of the symptoms before surgery, the amount of nerve inflammation and the extent of the nerve compression. Leg pain can continue on for several weeks. It is also not uncommon in the first several weeks after surgery for the nerve to remain intermittently irritated when you start to walk with long strides.
- If your incision becomes red or oozes you should call the office immediately. If your temperature goes over 101 you should immediately contact the office.
- It is common after surgery and while on pain medication to experience constipation. Should this occur you can use milk of magnesia (MOM). If the MOM does not work the next step is to buy Citrate of Magnesium (it looks like a little bottle of ginger ale and is over the counter at your local pharmacy) and you should follow the directions on the bottle.

If you should have any questions please feel free to contact the office.