

# **DR. WARREN'S DISCHARGE INSTRUCTIONS**

## **FOLLOWING YOUR**

### **Lumbar Laminectomy**

#### **Activity**

- Do not pick up anything that weighs more than a gallon of milk.
- Gradually increase your exercise time. Take short walks daily and gradually increase the distance.
- Do not use weights or exercise equipment until Dr. Warren gives you the okay.
- Do not pull, tug or reach for objects.
- Do not drive a car until Dr. Warren tells you that you can.
- You may resume sexual activity when you are comfortable with it.
- You will be seen by Dr. Warren 2 weeks following discharge. The decision regarding your return to work will be made at that time.

#### **Hygiene**

- If you do not have stitches or staples on your skin, then your wound was closed with a skin glue, called DermaBond. Do not try to peel this off.
- Do not put any type of ointment on your wound.
- You may shower, but do not soak the wound in a tub or aggressively scrub it until Dr. Warren says it is OK.
- You may require help getting dressed, putting on shirts, or pulling up pants
- Decreased activity after surgery, along with your pain medications, may result in constipation. It is important that you move your bowels regularly. Fruits, bran cereal, additional fluids or over the counter laxatives will assist you to move your bowels regularly.

#### **Notify Dr. Warren of any of the following:**

1. Oral temperature over 101 degrees.
2. Redness or swelling around your incision with or without any tenderness.
3. Any drainage from your incision.
4. If the skin edges of your incision start coming apart.
5. Any increase or sudden bruising around the incision that wasn't there before.
6. New numbness or tingling in your legs or feet on either side.
7. Increased pain in your back, buttocks, hips, legs or feet.
8. New weakness of either leg.

#### **If you have questions or concerns, call:**

Dr. Warren's office 334-821-0466