

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

## **FOLLOWING YOUR**

### **Minimally Invasive Microdiskectomy**

#### **General Information about your surgery:**

- You have a tiny incision, but you had a major operation! Please do not let your pain relief and small wound make you decide that you can push yourself too hard to get back to your normal life. Please give yourself time to let your body heal.

#### **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**

- Your wound was closed with skin glue, called Derma Bond. Do not try to peel this off.
- Do not put any type of ointment on your wound.
- Keep a fresh Band-Aid on the wound if your pants rub on it. You may leave it uncovered after 48 hours.
- You may shower, but do not soak the wound in a tub or aggressively scrub it until Dr. Warren says it is OK.
- Decreased activity after surgery, along with pain medications, may result in constipation. Fruits, bran cereal, or 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. New numbness or tingling in your legs or feet on either side.
6. Increased pain in your back, hips, legs or feet, or new weakness of either leg.

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

Dr. Warren's office 334-821-0466