



Surgery Information

LUMBAR DECOMPRESSION

Please read the following information before SURGERY, so that you will be prepared and understand your surgery and the post-operative process.

Bring your MRI,
X-RAY and CT SCAN
to the

HOSPITAL ON the
DAY OF SURGERY

or

Dr. Weber **WILL NOT**
be able to perform your
SURGERY!!!!!!!!!!

Minimally Invasive Lumbar Spine Surgery

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Laminectomy

Discectomy

Laminotomy

Common questions you may have concerning your surgical procedure:

1. How long will I stay in the hospital?

To be discharged home, a patient must be able to 1. eat & drink; 2. urinate; & 3. only require pain medications by mouth. Most patients go home within 24 hours.

2. Will I need a brace? NO.

3. What is the approximate time it will take me to recover?

While everyone's pain tolerance, healing times and medical conditions differ; most patients will recover from a lumbar decompression within 4 - 6 weeks.

4. How long before I can return to work?

It depends on the type of work you perform and the duties involved with your position. Activity restrictions and duty limitations will be discussed with you during your first post-operative visit. In general, most patients can return to a sit-down type job with light duty restrictions within 1 week of surgery. Those patients who have heavy duty and labor intensive jobs can expect to be out for 4 - 6 weeks. Limitations include no lifting, pushing or pulling >10 lbs; no repetitive bending and no vigorous pounding activities.

5. When can I drive?

Most patients can drive the day after discharge from the hospital; as long as they do not have any physical limitations. Furthermore, we recommend patients DO NOT drive while under the influence of any pain medications or muscle relaxers.

6. How do I take care of my surgical incision?

Your incision will be closed with internal dissolvable sutures. The skin will be sealed with Dermabond (*surgical superglue*). You may get your incision wet in the shower the first day after surgery; however, do not scrub or soak the incision and pat dry. No baths or pools for 2 weeks. (*It is ok to cover the incision for additional 2 - 3 days if a small amount of bleeding persists*). Please do not put tape on the Dermabond.

7. Will I have a surgical drain?

During surgery, a small drain is placed to help prevent a hematoma (*collection of blood within the soft tissue*) from developing under the incision. The drain is normally discontinued 6 to 8 hours after surgery and prior to discharge home.

8. How long before I can take a bath at home?

Approximately 2 weeks. No submersion or soaking in water such as a bath, hot tub or swimming pool until your incision has completely healed.

9. How long before I can shower?

You may shower 1 -2 days after surgery; however, do not scrub your incision and pat dry.

10. When can I walk after surgery?

Patients are ambulated with assistance the day of surgery. After discharge, we recommend you get up and walk several times a day as tolerated.

11. Will I require the use of a walking aid?

Patients rarely require an assistive device such as a cane or walker after surgery. This is determined on an individual basis after surgery.

12. Will I need physical therapy after surgery?

Your therapy initially is to walk several times a day after you are discharged home. A referral for therapy may be given to you at your post operative visit.

13. How much weight can I lift?

No more than TEN pounds. A gallon of milk is a good reference for ten pounds.

14. Will I be able to have sexual relations after surgery?

Yes, you may resume sexual activities as soon as you feel up to it. This may vary from a few days to a few weeks after your neck surgery. Remember, no lifting >10 lbs, no repetitive bending and no vigorous pounding movements. Avoid positions which will cause an increase in back discomfort.

15. How long before I can fly in a plane?

Most patients are free to travel after their initial post-operative appointment (7 - 10 days after surgery). Keep in mind; you will not be able to carry any luggage greater than 10 pounds after your surgery. We recommend you get up and walk around every 30 minutes to an hour to help prevent a blood clot and low back stiffness.

16. Should I take a stool softener?

Narcotic medications can increase the risk of constipation. If you have a history of constipation, we recommend you take a stool softener while taking narcotics and pain medications. If you become constipated, you may try other over-the-counter medications (*Colace, Milk of Magnesia, Bisacodyl, Fleets Enema and/or Magnesium Citrate*); however, if you have abdominal pain, nausea or vomiting, fevers or chills, or blood in your stool: call your doctor or go to emergency room immediately.

17. Will I be able to walk up stairs?

Most patients are allowed to walk up or down stairs after surgery if they were able to walk stairs before surgery.

We recommend you limit the amount of times you go up & down the stairs and use the hand rail the first few days after surgery.

18. Can I swim in a pool?

Yes, approximately 2 weeks after surgery you may swim in a pool. No diving.

19. When will my pain improve?

Every patient's pain tolerance, swelling and medical conditions vary. In general, most patients experience immediate relief of nerve pain the day of surgery. It is not uncommon to have back soreness, muscle spasms, stiffness and incisional tenderness for several weeks after surgery. Some patients may develop a hematoma (*collection of blood within the soft tissue*) under the incision after surgery. If a hematoma develops, we recommend using a heating pad for 15 - 20 minutes 3 - 4 times a day as needed (*do not use heating pad to the incisional*

area until 1 week after surgery). Some patient's pain declines slowly over weeks to months.

20. Why does everything hurt a few days after surgery when I felt so good immediately afterwards? There are several reasons:

A) During surgery, you were given medications along with anesthesia to help relax your muscles and decrease your pain. The combination of medications may stay in your system for a couple days after surgery.

B) Swelling can occur in the muscles and around the nerves as the IV steroids wear off approximately 2 – 3 days after surgery.

C) As you start feeling better, you will become more active and this increase in physical activity can lead to an increase in swelling and muscle spasming which results in more pain. Swelling can occur up to several weeks after surgery.

21. Why is my throat sore?

A sore throat and/or difficulty swallowing can result from general anesthesia and intubation. Endotracheal intubation involves inserting a "tube" in your airway during surgery to help you breath. This may result in swelling of your throat. Mild soreness and difficulty swallowing is normal and usually resolves within a few weeks to a few months. We recommend you stay on a soft diet for the first couple of days after surgery. Drinking cold fluids and eating ice chips can decrease the swelling. If you have any difficulty breathing or swallowing liquids, go to the ER immediately.

22. Call Dr. Weber's office for any of the following:

- fever >101.5 degrees
- bleeding from incision
- redness or heat around surgical incision
- increasing pain
- new weakness
- severe headaches

23. Go to the ER for the following:

- nausea and vomiting
- abdominal pain
- respiratory distress
- chest pain
- leg swelling