

Lumbar Disc Excision Post Operative Instructions

Jeffrey B. Wood, M.D.

- **Follow up in the office 10-14 days after your surgery.** Please schedule this as soon as possible after leaving the hospital.
- You may **change the top dressing twice a day.** However, leave the steri-strips or staples in place until your first office visit.
- **Do not get the wound wet.**
- **Do not bend, stoop, twist, lift, carry, push or pull anything** until cleared by Dr. Wood.
- **Do not sit in a straight back chair;** a recliner is best.
- **Exercise!** Walk as much as possible; try not to just sit around the house.
- **You may not drive** until 10 days after your surgery and off all narcotics.
- **After surgery you may still experience some back pain and occasional leg pain, this is normal.** However, if it becomes more severe please call the office.
- If you have a **temperature over 100°F** or if your **incision looks swollen, red, or draining pus**, please call the office.
- **Do not take any aspirin or anti-inflammatory medication** (i.e., Advil, Motrin, Aleve) for the first 6 weeks after your surgery because it decreases the healing process.
- **If you have any further questions, please contact the office.**