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Laminectomy (Back) Surgery Patient Discharge Instructions

Following surgery, it is important that you carefully follow instructions to prevent possible complications and assure the best possible surgical results. The following instructions will be useful to you.

1. Wear your back brace when up for more than 10 minutes.
2. NO strenuous activities. NO heavy lifting, bending, or twisting. Do not pick up anything from the floor. If any activity causes pain- STOP- do not continue that activity.
3. Do not remove your bandages or allow them to get wet.
4. Apply ice therapy for 30 minutes every hour while awake for first 3 days. Apply as needed thereafter.
5. Eat a balanced regular diet.
6. Take all medications as directed. Do not mix with alcohol or drive after taking pain medications
7. Call the office immediately (**510-538-0430**) if you notice any of the following:
 - a. Pain not relieved by medication and ice therapy.
 - b. Pain getting progressively worse after the first 24 hours.
 - c. Uncontrollable bleeding.
 - d. Fever over 101.5 degrees, chills or red streaks on foot or leg.
 - e. Wet bandages.

Your return appointment is for _____

Patient Signature

Date

Witness

Date