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MICROLUMBAR DISCECTOMY OR DECOMPRESSION LAMINECTOMY **DISCHARGE INSTRUCTIONS**

Once you have completed your surgery you should be well on your way toward the resolution of your pain. Please read the following instructions and follow them to increase the changes that your final results from surgery will be excellent.

1. *With your ride home, you may recline the seat for comfort.*
2. *No driving for two weeks.*
3. *No sex for two weeks.*
4. *Walking is good exercise for back patients and is encouraged after surgery. Do NOT overdo it! Still no yardwork or house cleaning. You may go outside and walk 2-3 times per day. Remember anything that aggravates pain should be avoided, especially leg or buttock pain. You may walk as long as you are comfortable.*
5. *NO lifting more than a gallon of milk (8 pounds) for the next 4 weeks.*
6. *Avoid repetitive bending, lifting, heavy carrying, overhead activities for 4 weeks.*
7. *Call your doctor for the following:*
 - a) *drainage from the incision*
 - b) *severe pain*
 - c) *inability to urinate or control bladder*
 - d) *new numbness or weakness since surgery*
 - e) *fever (over 101 degrees), sweats or chills*
 - f) *inability to walk*
8. *You may remove dressings and shower three days after surgery.*
9. *If you need a refill of your pain medicine call the office between 8:30 AM to 4:30 PM. The office telephone number is 219-836-1060. Pain medicine will not be refilled after hours. Some pain medicines have to be written by the doctor and the prescription picked up instead of being called into the pharmacy. Do not wait until you are out of pain medicine to contact the office.*
10. *Call the office at 219-836-1060 or 219-365-0808 to schedule an appointment for two weeks after surgery*
11. *If any questions or problems, call the office at 219-836-1060. If after hours, Dr. McComis may be reached on his pager at 219-685-0199*