

Patient Information Sheet

LUMBAR LAMINECTOMY

1. No prolonged upright sitting, use a recliner whenever possible instead of straight backed chairs.
2. No lifting more than 5 pounds and no bending at the waist.
3. Begin walking immediately on returning home, gradually increase as tolerated. Work up to a mile or two a day, if comfortable, by 4 weeks post-op.
4. Your wound should be sealed with Dermabond, a topical skin glue, which allows you to shower as soon as you wish after surgery.
5. Please call the office if there is any wound drainage or an increase in redness or swelling.
6. No driving for 2 weeks, then only when not on pain medications.
7. Pain medications will be constipating, it may be very helpful to use a bulk laxative or fiber preparation, avoid straining.
8. Call in the next few days to set up your first follow up appointment.
9. Please make sure you have enough pain medication to last over the weekend; we will not refill prescriptions then. Monday thru Friday if you need a refill call your pharmacy, they will then contact our office requesting the refill for you.
10. You may typically expect to return to sedentary work or light duty at 4 weeks, with full return to work at 8 weeks possible. However, it may take up to 3 months for full release from care.

PLEASE NOTE

Narcotic medications (such as Vicodin, Lortab, hydrocodone, Percocet, Oxycodone, MS-Contin, etc.) are not only addictive but results in what is called drug tolerance. Drug tolerance is when a medication loses its effectiveness. Narcotic tolerance can make it difficult or even impossible to control pain. Therefore, we urge patients to wean off narcotics as soon as possible postoperatively and to minimize use preoperatively.