



TENNESSEE ORTHOPAEDIC ALLIANCE
PATIENT INFORMATION SHEET
LUMBAR MICODISCECTOMY
NICHOLAS SHEPARD, MD

Before Surgery

- Stop Aspirin, ibuprofen, or other type anti-inflammatory medications 1-2 weeks before surgery.
- Stop smoking as it slows healing, delays and/or prevents fusion, and increase the risk of infection.
- Your surgery should be outpatient. Please make arrangements for transportation.
- You should not eat or drink anything after midnight before surgery. If you do not follow this rule, your surgery will likely be cancelled.
- You should bring a list of your regular medications with you to the hospital so they can be put in your chart.
- You might consider taking a laxative 2 days before surgery to help prevent problems with constipation after surgery.

Surgery

You will be put to sleep for surgery. The procedure takes approximately 1-2 hours. You will notice incisional pain in your back.

This surgical procedure involves making an incision over the lower back and removing bone and/or ruptured portion of the disc to relieve pressure on nerve(s).

After Surgery

You may notice soreness in your throat from the breathing tube. You will have discomfort in your lower back and possibly your legs as well. You make advance to a regular diet once you feel able.

Three days after surgery you may shower and have the water run over the wound. **DO NOT IMMERSE YOURSELF IN A BATH OR LET THE WOUND SOAK IN WATER.** After you shower, you should pat the incision dry and apply a new, clean bandage. You may discontinue applying the bandage once there is no drainage on the bandage when it is removed. A glue-type substance will be placed over the wound and all the stitches under the skin. There are no stitches or staples to remove.

Resume your activities as you feel able. You may bend and twist as much as is comfortable. Walking is the best therapy. Gradually increase your walking distance every day. ***In general, you may resume driving 1-2 weeks after surgery when you are off narcotic medication, feel comfortable, and are able to move your legs to react in an emergency situation.***

You should contact us if you have a temperature of 101.5 degrees, redness around the incision, unusual drainage, increasing pain, either in the back or legs, unusual swelling around the incision, headaches, increasing weakness, bladder difficulties, or any other concerns.

A prescription for pain medication will be provided to you prior to discharge. This is narcotic medication and you should take appropriate precautions when using this type of medication. **DO NOT LOSE THIS PRESCRIPTION.** It will not be refilled until an appropriate amount of time has transpired between refills.

You may call the office between 9AM and 4PM, Monday through Friday to refill your prescription. IT IS YOUR RESPONSIBILITY TO ENSURE THAT YOU HAVE ADEQUATE PAIN MEDICATION. If you feel as though you may need a refill, please call when you have about 15tablets remaining so that there is ample time to supply a refill. Do not call for refills after 5PM. Your prescription will not be refilled.

Dr. Shepard's partners have been instructed to not refill narcotic medication when they are on call.

When your surgery is scheduled an appointment should be given to you to be seen in the office approximately 6 weeks after the surgical procedure. If you do not have an appointment, please call our office to schedule one at 615-267-6800.

If you have ANY questions, or problems, please do not hesitate to contact the office. We are ALWAYS available for any concerns you may have and want you to have the best surgical result possible.

DISCHARGE INSTRUCTIONS

LUMBAR MICRODISCECTOMY

What to expect post-operatively:

1. It is not uncommon for people to still have some residual leg numbness or pain after surgery. Back pain is also common and will typically resolve over the first few weeks.
2. You will have limits of your energy level, endurance, etc. for some time after surgery. Your body is using a lot of energy to heal after surgery. Get plenty of rest and eat well.
3. Do not smoke as it delays healing and increases the risk of infection.

Activities:

1. You are encouraged to get out and walk. Gradually increase your walking distance each day. Allow comfort to be your guide.
2. It is okay for you to begin moving your back in all directions as your comfort allows.
3. You may ride in a car, but you should not drive until you are off pain medications during the day, and feel safe to do so.
4. Avoid lifting more than 10lbs (about the weight of a gallon of milk).
5. We will discuss increasing your activities at your follow-up visit.
6. If you have been given a brace, it should be snug and worn whenever you are seated, standing or walking.

Hygiene:

1. You may shower and allow the water to run over your wound three days after surgery. There is a glue-like substance that seals the wound. **DO NOT TAKE A BATH/SWIM** or soak the wound in water.
2. Pat the wound dry and apply a new, clean bandage if there is still drainage from the wound. You can discontinue the bandage if there is no drainage.
3. Try to avoid scrubbing across the wound when you shower. The surgical glue will fall off in time.

Diet and Medications:

1. You may return to your regular diet as soon as you feel like it.
2. Pain medications and anesthesia may make you constipated. Consider using a stool softener and/or laxative if needed.
3. Resume your regular medications unless otherwise advised. You may start taking anti-inflammatories / NSAIDs (e.g. Mobic, Aleve, Motrin, Ibuprofen, etc.) 3 days after your surgery unless instructed otherwise.

Pain Control:

1. You will be provided with appropriate pain medications. Please follow the prescription instructions.
2. **After 2-3 days, you can start taking Tylenol and a muscle relaxant three times a day and the pain pill as needed.**

Call the office at ANY time at 615-267-6800 if you have problems such as:

1. Fever over 101.5 degrees that persists over 6 hours.
2. A substantial increase in your back and leg pain.
3. Sudden weakness in your arms or legs.
4. Redness or swelling from the wound.
5. If you develop a severe headache when you sit/stand up.
6. Any loss of control of your bowel or bladder function.
7. Persistent or increasing drainage from the wound.

***Any other questions, call my medical assistant at 615-267-6800 ext 1082
If you are in severe distress, go to the Emergency Room.***