

## Post-Surgery Care Lumbar Decompression

- **Wound Care**
  - The incision is covered with a glue and sealant dressing.
  - The tegaderm can be removed on the first day after surgery. After that, no dressings are needed.
  - You may start showering on the 2nd day after leaving the hospital. The glue and sealant dressing are a water-tight barrier.
- **Post-Surgery Pain**
  - Pain after surgery is normal. You may have some return of your pre-surgery symptoms and this is normal. Overall your pain should slowly decrease. You may have good and bad days.
  - The pain medication (Percocet) may be taken every 4-6 hours as needed for pain.
  - The nerve medication (Gabapentin) should be taken twice a day to decrease pain.
  - The anti-inflammatory (Meloxicam) should be taken once a day to decrease inflammation.
  - The muscle relaxer (Baclofen) should be taken 1-3 times daily as needed for muscle tightness and spasm.
  - The stool softener (Colace) should be taken 3 times a day to prevent constipation.
- **Post-Surgery Activity**
  - There are activity restrictions for 4 weeks after surgery: 1) No bending past 90 degrees. 2) No heavy lifting more than 5lbs. 3) No twisting.
  - Gentle physical therapy for stretching and strengthening will be started after your 2 week post-op appointment.
  - You may return to work when your pain is controlled and you are able to follow the above activity restrictions. Disability forms should be sent to Dr. Fischer's office.
- Please call Dr. Fischer's office or proceed to the nearest ER for severe pain, fever (temp >100.4), wound drainage or any other concerning symptoms.
- Please call Dr. Fischer's office with any questions.