



3299 North Wellness Drive  
Building C Suite 240  
Holland, Michigan  
49424

phone 616.738.4420  
fax 616.738.4432

## Discharge Instructions Thoracic Laminectomy or Discectomy

Name: \_\_\_\_\_

David W. Lowry, MD, PC  
M. Adam Kremer, MD, PLC  
Scott M. Tuinstra, PA-C, MS  
Jefferson Alferink, PA-C  
*Neurosurgery*

### Medications:

- Take any medications only as directed.
- If you experience constipation while taking a narcotic pain reliever, begin using an over-the-counter laxative.
- Use a muscle relaxant to prevent muscle spasms or severe muscle tightness.

### Diet:

- Resume whatever diet you were on before surgery (e.g., unrestricted, diabetic, low sodium, etc.)

### Activity:

- Avoid pushing/pulling and lifting over 15 lbs. for four weeks.
- From Now on, even when lifting light weights, bend with your knees and not your back.
- Walking is a good exercise. Go for at least four short walks a day, even if inside your home.
- You may remove your Ted Hose stockings once you are consistently walking four times a day.
- Sitting will not harm your back, but will likely be uncomfortable for several weeks following surgery. Standing or lying down is generally better tolerated.
- Provided that the above restrictions are observed, you may engage in other activities that do not result in worsened pain either at the time of activity or the following morning.
- Do not drive if you cannot comfortably turn your head side to side or if you have had any pain medication within four hours. You may ride in a car as a passenger as much as you tolerate. □

### Wound Care:

- Call the office if you have drainage from your wound, separation of wound edges, or increased pain, redness or swelling.
- Call the office if you have an elevated temperature (101 F or greater).
- You may shower at any time, but do not soak the incision in a tub or pool for 10 days after surgery. Dry the incision by blotting, not rubbing.
- You do not need to keep a dressing on the wound.
- If you have steri-strips on, leave them on for 10 days after surgery. If their edges curl up, you may trim carefully with scissors. If they fall off early, don't worry. Re-absorbable sutures are beneath the skin edges and will continue to support the incision while it heals.
- If you have sutures or staples visible over the skin, please contact the office to schedule an appointment for their removal approximately ten days after surgery.

Follow-up: Date: \_\_\_\_\_ Time: \_\_\_\_\_ With:

- David W. Lowry, MD
- Adam Kremer, MD
- Scott M. Tuinstra, PA-C
- Jefferson Alferink, PA-C