

## NEMANI LUMBAR MICRODISCECTOMY POST-OPERATIVE INSTRUCTIONS

### ***Pain/What to Expect:***

- In order to relieve the pressure on your spine, the muscles must be moved to the side, so tightness and some pain are normal post-operatively.
- Additionally, as the pressure has been removed from the nerve you may have some rebound pain or numbness in the distribution where you originally had discomfort as the nerve wakes up again.
- You will be prescribed an oral narcotic to take post operatively. You will also be prescribed a stool softener, as narcotics can make you constipated. You will be prescribed a muscle relaxant and an anti-nausea medication as well to take as needed.
- You will need to utilize ice packs. The more you keep the surgery site cold, the more comfortable you will be. We recommend icing 4-5 times/day for 5 days.

### ***Diet:***

- Begin with liquids and light foods (gelatin, etc.). Progress to your normal diet as tolerated.
- Do not drink alcohol until you have stopped your narcotics

### ***Wound Care:***

- It is normal to have some staining of your dressing after surgery.
- You may remove your dressing 2 days after surgery. Please simply apply a dry gauze dressing and secure with tape. You may change this once a day.
- If you have steri-strips (tape strips), let the steri strips fall off by themselves. If they have not fallen off in 2 weeks - please remove them.
- Do not put any kind of ointments or antimicrobial solutions over the incision or steri strips.

### ***Showering:***

- You may shower as soon as you go home if your incision is covered with skin glue
- If you have steri-strips, you may shower in 3 days as long as you keep the incision dry. After 1 week, you may shower and allow water to gently run over the incision but do not scrub it.
- Please make sure incision is completely dry after showering.
- DO NOT take a bath in the bathtub or get into any type of pool for at least 4 weeks, or until the incision is well healed.

### ***Activities:***

- You may walk as much as you like. Walking is good for you. We recommend 6-8 short walks per day, 5 minutes each time.
- You may engage in sexual activities as long as it is not painful.
- You may recline in a reclining chair.
- You may drive after you are no longer taking narcotics.

### ***Restrictions:***

- Do not pick up any objects weighing more than 20 pounds for at least 6 weeks
- Avoid stooping, bending or twisting at the hips for 6 weeks.

- No athletic activities until you have discussed your limitations with Dr. Nemani at your 6-week check up.

***Notify your doctor immediately if you have:***

- Temperature > 101
- Redness or Swelling spreading from your incision site
- Chills or cold sweats
- Loss of bowel or bladder control or numbness in your groin region
- Chest pain or difficulty breathing – go immediately to the Emergency room.

***Follow-up appointment:***

- Please make a follow up appointment for 2 weeks post operatively. It is often best to make this appointment before surgery.

**Medication Refills:**

Refills of medications need to be done during business hours - pain medication refills cannot be give over the phone or after hours.

**Emergencies:**

If any emergency arises please get in touch with us anytime. A physician is on call, and available for urgent needs.

**Questions:**

For any post-operative questions or concerns please call Dr. Nemani's office or clinical assistant. We will be glad to assist you in any way during your recovery period!

***Contact Information:***

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After Hours/Emergency Contact: 919-781-5600, you will then be referred to the on-call physician.