

## RETURNING TO WORK

■ Following the procedure, you will be off work for at least 1 week. You will most-likely be able to return to work in 1-2 weeks with the following restrictions.

■ **No** bending for 6 weeks



# NO BENDING FOR 6 WEEKS

■ **No** lifting more than 10 pounds for the initial 6 weeks.

■ **No** lifting more than 25 pounds for the following 6 weeks.

■ **No** activities that require rotation of the spine.

■ **No** sitting for longer than 30-45minutes at one time for 6 weeks.

■ Standing and walking are both permitted and may be limited to the patient's tolerance.

## WHEN TO CALL THE DOCTOR

If you have any of the following symptoms, call us right away.

- Increased leg weakness or numbness
- Loss of control of bowel or bladder
- Fever greater than 100.5
- Pain not controlled with your prescribed pain medication
- Worsening redness or continuous drainage from surgical incision site
- Weakness or swelling in your legs or your calf muscle is tender
- Shortness of breath
- Increase difficulty swallowing



 **CALL US**  
IF YOU HAVE ANY QUESTIONS  
**TEAM MCBRIDE: (407) 254-4053**  
**TEAM WEBER: (407) 254-4057**



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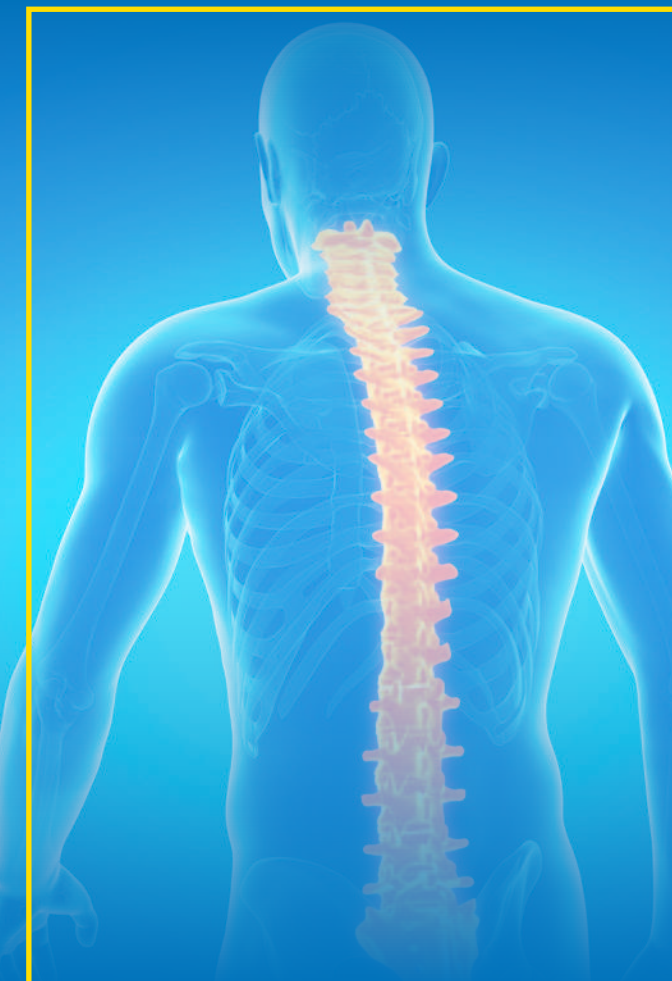
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Specializing in Minimally Invasive Surgery

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## WHAT TO EXPECT AFTER PERCUTANEOUS-DISCECTOMY



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### ACTIVITY

- Plan to rest for the first 3 days. Get in a comfortable position (lying down or reclining). Limit sitting or walking to 10-20 minutes at a time, 2-3 times per day.
- Do not stay in bed most of the day. Try to be more active each day until you are able to resume normal activity. Inactivity can lead to blood clots which can become dangerous.



- Do not cross your legs when reclining or lying down as this may also cause blood clots.
- You may begin walking longer distances after 1 week. Start by walking 20 minutes per day. You may increase to 20 minutes twice a day, if tolerated. Then progressively increase to 1 hour a day. If at any point, back or leg pain and numbness increases, decrease the duration of time walking.
- After you are evaluated at your first post-operative visit, in 2-3 weeks, you will be enrolled into a physical therapy program.



- You were given some breathing exercises while in the hospital. You should continue these to help rid your body of anesthesia and to prevent post-operative pneumonia.
- **No** driving for 48 hours. **No** lifting over 5-10 pounds. **No** bending, twisting or stooping. **No** chiropractic manipulation, massages, or traction for 12 weeks. **No** swimming for 2 weeks. **No** treadmill or Stairmaster for 6 weeks.

### SHOWERING

- You may shower 48 hours after surgery.
- Keep the incision and dressing clean and dry. Incisions need to be covered while showering during the first week. You can cover it with plastic wrap.
- Stand straight up and **DO NOT** bend over.
- Do not take a bath, swim or sit in a hot tub until approved by your physician.



### WOUND CARE

- Your dressings may be changed at any time, if it becomes soiled or wet.
- Wash your hands thoroughly before and after changing your dressing.
- Please replace dressing with dry 4x4 gauze and secure with tape.
- Keep the puncture sites covered for 5 days. Thereafter, the incisions may be left "open to the air."
- Some swelling and mild redness may occur around the site, and this is normal.
- Do not worry if you have continued mild swelling near the incision site for several weeks.

### MANAGING PAIN CONTROL

- Pain is normal after surgery and may take several weeks to improve.
- Take medications as prescribed.
- Allow 24 hrs for refill requests.
- You will be given prescriptions for post-operative pain control, prior to being discharged.
- Most post-operative pain meds are written prescriptions & have to be picked up. Be sure to have someone designated on your HIPPA form at our office to pick up written prescriptions.
- If you had pain and numbness prior to your surgery, you may have these afterwards as well; especially if you had any delicate surgery around the nerve itself. This will gradually improve as you heal!

#### If you are still in pain after taking your prescribed medication:

- Try lying down and applying an ice pack beside your incision. Ice helps control inflammation, muscle spasm, and pain.



- Relaxation breathing may also help. Slow deep breaths can help muscles relax and also helps bring in much needed oxygen to sore tissues.

### POST-OPERATIVE CONSTIPATION

- It is not unusual to have constipation due to medications.
- You may use a stool softener/laxative as needed.
- Drink plenty of water and add fiber to your diet.
- You may also try 1 dose Milk of Magnesia, 1 small can Prune Juice. Heat juice in microwaveable cup. Add Milk of Magnesia. Drink. Results within 2-3 hours.
- If you do not have a bowel movement by post-operative day 7, call our office.

