



Post Operative Instructions for Lumbar Discectomy

After Surgery

- After surgery you will have Dermabond glue over the incision. There are stitches underneath the skin but they will dissolve on their own and will not need to be removed. The Dermabond will come off on its own in about 10 days. Do not pick at it.
- Because your incision is waterproof, you may shower the day of your surgery.
- You may drive 7 days after your surgery.
- Do not lift more than 10 lbs for the first 2 weeks after surgery.
- Avoid bending and twisting
- You will be given a prescription for pain medication. *Do not drive while on pain medication and do not drink alcohol while on your pain medication.*
- You will need to call the office after your surgery to schedule your follow up appointment.
- You may walk for exercise, do not use an elliptical or treadmill until cleared to do so.

What to Watch For

- Fever greater than 101.5
- Excessive bleeding or drainage
- Increased redness around the incision
- Severe pain or swelling

If any of these occur, call our office at 432 580-4700.

The staff is in the office from 9am to 5pm, the answering service will answer after hours, weekends, or holidays.