

## Discharge Instructions After Lumbar Discectomy

Mark Bryniarski, M.D.  
St. Anthony Neurosurgery  
535 NW 9th St, Suite 205  
Oklahoma City OK 73102  
405-231-2900

1. Your surgical dressing will be removed about 24 hours after surgery. Keep incision clean and open to air. Your skin may have been closed with subcuticular stitches which are buried under the skin. You may notice small pieces of tape called “steri-strips” or skin glue called “Dermabond”. Let strips fall off naturally. If they remain on after two weeks, they may be removed by yourself or a family member. Skin glue will flake off on its own.
2. You may shower about 48 hours after surgery. Do not bathe. Use baby shampoo for the first 4 weeks after surgery. Do not swim until cleared by Dr. Bryniarski.
3. Restrictions: no lifting more than 10 lb., no smoking, no vigorous physical activity, do not bend, twist, or stretch. Most people are ready to return to work by 4 weeks or sooner if you assume light duties.
4. Do not drive for the first week after surgery or longer if you still take narcotic pain medications. Drive only when you can comfortably use the foot pedals.
5. Walking is an excellent type of exercise. It will speed up your recovery. Start slow at first, and gradually increase your activity and walking distance.
6. You will be seen by Dr. Bryniarski in his office usually about three weeks after surgery. If you don't have an appointment prior to leaving the hospital, please call our office.
7. Call our office when you develop: signs or symptoms of infection (redness, wound drainage, swelling, severe tenderness, severe back pain, fever > 101 F), new or worsening leg weakness or numbness, calf or leg swelling, tenderness, or redness.