

# Outpatient Discharge Instructions for Lumbar Laminectomy

*Dr. Michael Goldsmith and Andrea Elliott, PA-C*

## **Activity**

No lifting more than 15 pounds

No bending or twisting at the waist

*No restrictions with sitting, standing, walking, or stairs*

## **Incision Care**

Remove outer dressing in 2 days. Keep the Steri-Strips (surgical tape) on until follow-up.

Keep the incision **dry** until follow-up. You may cover the incision with saran wrap or a waterproof dressing while showering.

## **Discharge Medications**

Keflex 500mg, take 1 tablet by mouth every 6 hours for 24 hours (antibiotic)

Percocet 5/325mg, take 1-2 tablets by mouth, as needed for pain

Flexeril 10mg, take 1 tab by mouth every 8 hours, as needed for spasms

Additional Medication: \_\_\_\_\_

*Do not restart aspirin, blood thinners, or anti-inflammatory medications until advised by Dr. Goldsmith*

**Follow-up with Dr. Goldsmith in approximately 10 days.** Please call our office at 301-657-9876 to make an appointment.

*Call our office immediately if you experience sudden weakness in the legs, loss of bladder control, or a fever >101. Call 911 if you experience sudden difficulty breathing.*