



Kuether Brain and Spine
Todd Kuether, MD
501 N. Graham, Bldg 2, Suite 445 Portland, OR 97227
(503) 489-8111 Phone (503) 908-6800 fax
kuetherbrainandspine.com

Discharge instructions for lumbar surgery – non-fusion (may include microdiscectomy, laminectomy, foraminotomy, and/or kyphoplasty)

Please note: These are general guidelines and helpful suggestions for your post-operative recovery period. Everyone progresses at their own individual pace.

Medications:

- a. Resume all previous medications unless instructed otherwise.
- b. Pain medications as prescribed. Take only as needed.
- c. Muscle relaxants as prescribed. Take only as needed.
- d. NEVER DRIVE OR OPERATE MACHINERY UNDER THE INFLUENCE OF NARCOTIC PAIN RELIEVERS OR MUSCLE RELAXANTS.

Activities:

- a. Walking is the best exercise after surgery. No running or jumping. You may go up and down stairs if capable. Stay mobile.
- b. No lifting greater than 10 pounds.
- c. NO bending, twisting, strenuous activities.
- d. Avoid prolonged sitting greater than 40 minutes. Stand and walk after 20 minutes, then you may sit back down.
- e. No driving for 1-2 weeks.
- f. Your energy level will be decreased for several weeks following surgery.
- g. Be careful to avoid sudden movements and use good body mechanics. Keep your back straight and lift with your legs.

Diet:

- a. Your appetite may be decreased. It may help to eat smaller, more frequent meals.

Discharge instructions for lumbar surgery – non-fusion **(continued)**

- b. Your surgery and narcotic pain medications may cause constipation. If you need a laxative, try 1-2 tablespoons of Metamucil per day, and/or a tablespoon of milk of magnesia in the morning, drink lots of water. Remember to eat fiber, fresh vegetables, prunes, and fresh fruit.

Care of incision:

- a. Please keep the incision area clean and dry. Do not peel off scabs.
- b. If dressing is placed, please keep dressing on for the time period as directed on your discharge paperwork. If no time period is mentioned, please see below in section c.
- c. Please change dressing 1-2x per day until drainage stops, then leave incision uncovered except during bathing.
- d. Do not submerge the incision in a bath tub, hot tub, or swimming pool for 4 weeks.
- e. Cover the incision during showering for 2 days following surgery.
- f. Remove steri-strips (if placed) after the 10th post-operative day. Do not worry if they fall off earlier.
- g. Unless directed, no ointments (such as Neosporin) on the incision.
- h. You may notice some numbness and swelling around your incision which is normal. This should gradually decrease.
- i. If you notice increased swelling, redness, and/or drainage from the incision, please call the office.

Additional instructions:

- a. If you have not already set up your post-operative appointment, please call the office when you get home to schedule your appointment. Your discharge paperwork should have instructions on it when you need to follow-up with your doctor's office.
- b. Medications are renewed only between the hours of 8:30 to 12:30 and 1:30pm-4:00pm, Monday thru Thursday, and 8:30am-12:30 on Friday. Please allow 2 business days for refill requests.
- c. No medications will be renewed during the weekends or after hours. No exceptions. Plan ahead.
- d. NO SMOKING. Studies have shown that smoking may inhibit fusion.
- e. If you have any questions or concerns, please call our office at 503-489-8111.



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Management of Constipation

Constipation is a common problem associated with the use of narcotic pain medications, dehydration, and lack of activity. Management of this problem can be very straightforward if taken care of right away.

BASIC CARE:

- a. Stay well hydrated (6-8 8 ounce glasses of water or other liquids a day)
- b. Eat a high fiber diet. Fruits and especially vegetables are very important. Grains such as bran fiber or whole wheat or oats can be helpful. Aim for 15-30 grams of dietary fiber per day.
- c. Walk often as tolerated.
- d. Reduce narcotic use as tolerated.

RELIEF OF CONSTIPATION:

If constipation does occur, there are several ways to deal with it, such as prune juice, dried fruits, etc. If something more is needed, a dose or two of milk of magnesia may work.

For continued constipation: try Magnesium Citrate. This is found over the counter at most grocery stores and pharmacies. It comes in a bottle and often looks like generic soda. Drink half of a bottle at a time, and for no results in half an hour drink another half bottle. May repeat for 2 bottles in 24 hours.

If still constipated, see below:

Items Needed:

1 quart of Gatorade, Miralax 14 dose bottle, and two Dulcolax laxative 5mg tablets.

- a. Mix half of the Miralax in the quart of Gatorade.
- b. Take two 5mg Dulcolax laxative tablets.
- c. Wait ½ hour, then start drinking the Gatorade/Miralax mixture. Drink 1 glassful every 20 minutes until gone.
- d. You may repeat this regimen again, but it would be unlikely that you will remain constipated with two rounds of this cocktail. Remember, this may cause dehydration due to diarrhea, so drink fluids as needed.

Caring for your wound

After DERMABOND® PRINEO® Skin Closure System has been applied

Your healthcare professional has chosen to use DERMABOND PRINEO System to close your wound

- DERMABOND PRINEO System is the combination of a mesh and a liquid adhesive that allows the incision or wound to be held together during the healing process.
- DERMABOND PRINEO System should remain in place until your healthcare professional has determined that adequate healing has occurred, which is usually anywhere between 7-14 days. In most cases, DERMABOND PRINEO System is easily removed with little or no discomfort.
- In the event that you notice that DERMABOND PRINEO System is beginning to loosen or may be coming off, contact your healthcare professional.
- The following information is provided to help you understand how to care for your incision. You should always follow the instructions of your healthcare provider.

Things to know

Bathing or showering

If directed by your healthcare professional, you may occasionally and briefly wet your incision or wound that was treated with DERMABOND PRINEO System in the shower or bath. Do not soak or scrub your incision or wound. Do not swim or soak your incision or wound in water. After showering or bathing, gently blot your incision or wound dry with a soft towel. If a dry protective dressing is being used over DERMABOND PRINEO System, it should be replaced with a fresh, dry protective dressing after showering or bathing as directed by your health care practitioner. Care should also be taken so that any tape that may be part of the dry protective dressing does not come into contact with DERMABOND PRINEO System because when the tape is removed, it may also remove DERMABOND PRINEO System.



Wound healing

If you experience any redness, swelling, discomfort, warmth or pus, contact your healthcare professional and he or she will determine how your incision or wound is healing and take the necessary steps to address any issues.



Exercise

Do not engage in strenuous exercise that may cause additional stress on your incision or wound. Follow your healthcare professional's guidance about when you can return to your normal activities.



Removing DERMABOND PRINEO System

- Your healthcare professional will determine when the healing process of your incision or wound has been completed and DERMABOND PRINEO System is ready to be removed, which is usually between 7 to 14 days. When healing is complete, your healthcare professional will carefully peel off the DERMABOND PRINEO System.
- Prior to removal, do not scratch, rub or pick at the mesh. This may loosen the adhesive and mesh before the skin is healed.
- In the event that you notice that DERMABOND PRINEO System is beginning to loosen and may be coming off or comes off the skin/wound, contact your healthcare professional.



Ointments or liquids

Topical ointments, liquids or any other product (other than dry bandages) should not be applied to the incision while DERMABOND PRINEO System is in place. These may loosen DERMABOND PRINEO System from the skin before it has completely healed.



For complete directions on the use of DERMABOND PRINEO System, please refer to Instructions for USE (IFU) Included in the product packaging.

If you have any questions or concerns about DERMABOND PRINEO System please contact your healthcare professional.