



Endoscopic Discectomy - Post Operative Instructions

- Incision Care:** If there is a dressing, you may remove it on the morning after surgery BEFORE your shower. If Surgical Glue is used expect it will slowly peel off within 14 days. Please call us with any changes or concerns such as: redness, swelling or drainage at incision site, or temperature greater than 101°. (Clear liquid drainage in the first 24 hours is normal)
- Bathing:** You may **shower** the morning or afternoon after surgery after the dressing is removed; avoid scrubbing the incision site for the first 5 days. No baths or swimming until approved by the physician or physician assistant at your follow up appointment.
- Restrictions:** For the first week, no sitting upright. To be clear, you can stand or lay down, just not sit upright until day 7. A recliner is fine to sit in, even if upright since it is naturally padded and tips back normally.
- For 1 months after surgery:
- No leaning over (use a stick grabber if needed)
 - No strenuous activity
 - No lifting greater than 20lbs
- Exercise:** Increase your light activity each day, such as walking, as tolerated.
- Driving:** You may drive 14 days after the procedure if you feel okay to do so. Do not drive if you are taking pain medications.
- Diet:** Eat a healthy diet to promote healing.
- Smoking:** Avoid smoking. Smoking decreases the rate of bone and skin healing and also interferes with the effectiveness of pain medication.
- Follow-Up:** Your doctor may have ordered a brace for you to wear. This is to be worn when up and walking. It is not needed when sitting, laying, nor sleeping. You will have a post-operative appointment approximately 2 weeks after surgery.

If you have any questions or concerns, please contact our office Triage Line at 734-547-4850. If it is AFTER HOURS call the Answering service at 734-572-7418.