



# Coastal Neuro Surgery

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## Lumbar Laminectomy

### 1. Diet:

Maintain your regular diet.

### 2. Medications:

You may use stool softeners, Panadol or Digesic as you need. Narcotic medication may be prescribed if you require these.

### 3. Activity and Restrictions:

3.1 Avoid repetitive bending, twisting and sitting for longer than approximately 30-minute periods. The act of prolonged sitting, bending, heavy lifting and twisting does cause more stress on your back and discs and can cause exacerbation of your pain. We recommend more of a reclined position; however, strict bed rest is not required or recommended.

3.2 You should not drive until you are clear by Dr Coughlan (usually 6 weeks). Following such an operation, you may find that your reaction times are slow because of pain, generalised fatigue, stress of surgery, and prescribed pain medication. You may ride in a car and may find it more comfortable in a reclined position or in the back seat. If you are planning to take long trips, please try to take interval breaks, every 45 minutes, getting out of the car and walking short distances.

3.3 You may take short walks inside or outside of your home. You may walk up and down stairs. You are to avoid any type of hydrotherapy, whirlpools or tubs until review by Dr Coughlan.

3.4 You are to avoid housework, gardening, shoveling, lifting more than a few kilos or any strenuous activity. Do not begin any physiotherapy, exercise program or sports program until you are instructed to do so (usually 6 weeks).

3.5 If you smoke, remember that smoking impairs healing thus slows the rate of your recovery, possibly leading to poor results. Smoking cessation will not only help you heal but will improve your general health.

### 4 Wound Care:

4.1 If you have staples, they will be removed anywhere from 7 to 10 days after surgery by your GP. However, most wounds will be closed with a dissolvable suture.

4.2 Keep wound dry and clean for at least 7 days.

4.3 Report any increasing redness, discharge, persistent oozing or clear drainage from the wound by calling the rooms and leaving a message for Dr Coughlan.



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4.4 The security strips or Steri-Strips that are in place on the back of the wound will fall off in the shower over a few days.

4.5 If you develop fevers, chills, draining from your wound, progressive weakness or numbness in your lower extremities, difficulty voiding or have unrelenting pain despite medication, go to an emergency department or call Dr Coughlan rooms and leave a message. If you cannot contact Dr Coughlan, call the Neurosurgery Registrar at Prince of Wales Hospital on 9382 2222.