

## **Outpatient Discharge Instructions for Lumbar Laminectomy**

**Summit Orthopedic Surgery**

**Michael Goldsmith, MD**

**Carl Durias, PA-C**

### **Activity**

- No lifting more than 15 pounds or overhead activity
- No bending or twisting at the waist
- No restrictions with sitting, standing walking or stairs

### **Incision Care**

- The Aquacel dressing on your neck is waterproof. You shower with it in place. The dressing remains in place until your first follow up in the office.

### **Discharge Medications**

- Keflex 500mg, take one tablet by mouth every 6 hours for 24 hours (Antibiotic)
- Oxycodone 5mg, take 1-2 tablets by mouth every 4-6 hours, as need for pain. Side effects include dizziness, drowsiness, and constipation.
- Flexeril 10g, take 1 tablet every 8 hours, as needed for spasms. Side effects include drowsiness
- Do not restart aspirin, blood thinners, or anti-inflammatory medications (Aleve, ibuprofen, Advil, Motrin) until advised by Dr. Goldsmith.

Follow-up with Dr. Goldsmith in 10-14 days. Please call our office at (301)657-9876 option 3 to make an appointment.

*Call our office immediately if you experience increased or new weakness in arms/legs, difficulty with balance, loss of bladder control, difficulty breathing, or a fever >101.*