# Post-Operative Instructions: Microdiscectomy

**Follow-up appointments:**

2 weeks  6 weeks  3 months
6 months  1 year  2 years

**Discharge:**

Outpatient (occasional 23 hours stay)

**Staple/Stitch Removal:**

There are no stitches and nothing to remove.

**Medications:**

Pain medications and muscle relaxants will be prescribed on an individual basis.
Prescriptions will be filled during office hours only. Please allow 72 hours for requests to be processed.
Resume home medications per discharge instructions.

**Physical Therapy:**

As an outpatient, this may be prescribed approximately 2-6 weeks post-op.
A home exercise program may also be prescribed.

**Cardiovascular Exercise:**

Walk at least 30 minutes per day (does not need to be all at once) at the time of discharge.
Walking is the most important activity. Do as much as is comfortable.
From 2 weeks through 6 weeks following surgery, you should be able to increase your activity to normal.

**Brace:**

None needed.

**Sitting:**

No sitting for longer than 15 minutes at a time.
May stand or lay as long as you are comfortable.

**Driving:**

None for 2 weeks post-operatively.
No sitting in one position in the car for longer than 15 minutes- get out and stretch if the ride is longer than this.
No driving while using narcotic pain medications.

**Sleeping:**

Use a comfortable pillow and position.

**Showering:**

You may begin showering 72 hours following surgery.
Do not soak the wound and keep it dry.
Change the dressing after showering, while leaving the steri strips in place.
Do not scrub incision site.
No baths, walk-in shower only.

**Lifting:**

No lifting over 10 lbs for 6 weeks.
No bending of the waist and no reaching to the ground for 6 weeks.

**Housework:**

Light duties only.
Avoid pushing and pulling.
No bending over.

**Sexual Activity:**

Wait until 2 weeks post-op, once pain has subsided.
Use comfortable positions.