

### **Discharge Instructions/Orders Laminectomy**

1. D/C to (Home / SNF)
2. Follow up in the office in 3 weeks. Call the office for your appointment **(480) 656-4048**.
3. No heavy lifting, bending, or stooping.
4. No Driving
5. No Sexual activity
6. No Prolonged sitting.
7. There are no restrictions on walking.
8. Physical Therapy will not resume on discharge and will be restarted after 3 weeks.
9. You should wear your corset full time.
10. It is ok to shower only, no baths or pools etc. Keep your wounds clean and dry.
11. Call the office if you notice any drainage from the wounds.
12. Vicodin 1-2 tablets by mouth every 6 hours as needed for pain.
13. Soma 350mg by mouth every 8 hours as needed for back spasm
14. Colace 100 mg 1 tablet by mouth twice per day.
15. Vitamin C 500mg 1 tablet by mouth twice per day.

### **Discharge Instructions/Orders Fusion**

1. D/C to (Home / SNF)
2. Follow up in the office in 2-3 weeks. If you do not already have an appointment, call the office at **(480) 656-4048** for an appointment.
3. No lifting, bending, or stooping.
4. No Driving
5. No Sexual activity
6. No Prolonged sitting (Lumbar fusion patients only).
7. There are no restrictions on walking.
8. Physical Therapy will not resume on discharge and will be restarted after 6 weeks to 3 months.
9. Brace is to be worn full time.
10. It is ok to shower only, no baths or pools etc. Keep your wounds clean and dry.
11. Call the office if you notice any drainage from the wounds.
12. Vicodin 1-2 tablets by mouth every 6 hours as needed for pain.
13. Soma 350mg by mouth every 8 hours as needed for back spasm (lumbar patients only).
14. Colace 100 mg 1 tablet by mouth twice per day.
15. Iron Sulfate 325mg 1 tablet by mouth twice per day(Lumbar fusion patients only).
16. Vitamin C 500mg 1 tablet by mouth twice per day.
17. Aspirin 81mg 1 tablet by mouth twice per day(Lumbar fusion patients only).