

ALAN E. HEILMAN, M.D.

Discharge Instructions
OUTPATIENT LUMBAR LAMINECTOMY

7401 South Main
Houston, Texas USA 77030
Office Phone: 713-799-2300

- Medication:** Take medications as prescribed by physician.
- Temperature:** Notify the office of any increase in pain, fever, drainage, or redness about your incision.
- Wound Drainage:** You may change your dressing as needed. Usually a large Band-Aid will suffice. You may use vitamin E cream on your incision once it is completely healed. Discomfort is usually decreased by the use of cold packs to your back.
- Bathing:** You may shower 3 days after your surgery. Avoid bathtubs or hot tubs until your incision is completely healed (approximately 2 weeks).
- Activity:** Your activity should be restricted to walking until your first post-operative visit. Avoid prolonged sitting.
- Office Visit:** Call for follow-up appointment in 7 days.
- Questions:** Please call the office with any questions or problems at 713-799-2300.