
MLD/Lami Discharge Instructions

Patient: _____

Procedure: _____

First Follow-up Appointment: _____ / _____ / _____

Time: _____ : _____ a.m. p.m.

Appointment Location: _____

Please read this handout after your surgery as the information provided below will answer several of your questions. If you have further questions please use the contact information on the following page.

Pain and Pain Medication

- Marcaine was injected prior to closing your incision and will wear off in 10 hours.
 - This helps for “incisional” pain only.
- Two prescriptions will be written for you before you leave the hospital.
 - Toradol (Ketorolac) and a pain medication; take Toradol until gone and the pain medication every four to six hours or as needed.
 - Some patients may still have back or leg pain for several weeks.

Wound Care

- Leave the dressing on for the first 24 hours.
- You will likely have two sutures, one at the top and one at the base of incision; those will be removed at your first post-op visit.
- Skin glue is used in addition to sutures. This will dissolve on its own over two to three weeks.
- Do **not** apply any ointments, peroxide or betadine to the incision.
- Call the office if your incision becomes red, begins to drain, becomes more painful or if you develop a fever that is greater than 101.5°.

Bathing

- You may shower 24 hours after surgery. Keeping incision away from the full force of the stream, pat it dry and then let it air dry. No tub bathing, hot tubs or swimming for six weeks.

Constipation

- This can occur with the use of Narcotics. Using over the counter Miralax, Milk of Magnesia or Dulcolax may be used to help this. Also, increasing your activity (walking) and fluid intake will help.

Nutrition

- Drink a can of Boost or Ensure nutritional supplement at each meal until you are eating three regular, nutritious meals per day. Proteins are the building blocks of healing.

Exercise

- Walking is the most important type of exercise for you. Walk short amounts each day and try to reach the goals listed below. Take frequent breaks as needed. Physical therapy may be prescribed for you later in your recovery.

Initial Activity at Home and Goals

- No repetitive bending, twisting, stooping or lifting over five to ten pounds for at least six weeks after surgery.
- **First week:** Walk 10 to 15 minutes daily. Stairs are okay as tolerated. Office work and driving are permitted after one week, but do not drive if you are still taking narcotic pain medication.
- **Third week:** You should be able to walk up to a half mile per day in divided doses.
- **Fourth week:** You should be able to walk up to one mile per day in divided doses.
- **Sixth week:** Return to moderate duty work.
- **Third month:** Return to heavy duty work and be able to walk up to three miles per day.

Use good body mechanics (always bend with your knees to lift or to pick something up from the floor). Physical therapy may be prescribed for you later in your recovery, depending on your progress. You may return to driving when you are completely off narcotic pain medications and are able to quickly step on the brake without pain.

Follow-up

The tiny suture knots at each end of your incision will be painlessly removed and X-rays may be taken at your first follow-up visit. Subsequent follow-up appointment intervals will be based on how you are progressing.

What You Can do to Increase Your Chances of a Successful Outcome

- Smoking cessation
- Weight loss
- Aerobic exercises

Call our office at 317.802.2000 if you develop any of the following:

- Leg swelling or calf pain
- Fever, chills, redness around or drainage from your incision
- Increasing back pain or numbness and tingling not relieved by rest and pain medication