



MICRODISCECTOMY SURGERY

DAY OF SURGERY

Day: _____ **Date:** _____

THINGS TO EXPECT TODAY

- You will be transferred from the Recovery Room to a room on one of the surgical units.
- The nurse will monitor your vital signs (blood pressure, pulse, respirations, temperature) and check the dressing over your incision(s).
- You may have an abdominal binder on to prevent twisting of the affected side.
- You will receive pain medication, IV fluids and IV antibiotics.

Things To Do Today

- Use the Incentive Spirometer at least 10 times every hour you are awake. How high did you get the incentive spirometer this time? _____
- Get out of bed to go to the bathroom with the nursing staff's help. It is important that you do not bend, twist or lift anything heavier than 2 lbs.
- Ask your nurse about your pain management program. You will be asked to rate your pain before and after taking pain medication to make sure you are comfortable.
- Think about questions you have about going home. Write them down so that you remember to ask them.
- Ask to speak with the social worker if you have any questions about discharge.



Microdiscectomy Surgery

May 1999

- Confirm transportation home for tomorrow. Discharge time is 9 a.m.

DAY OF DISCHARGE

Day: _____ **Date:** _____

THINGS TO EXPECT

- The IV will be discontinued.
- Staff will review discharge instructions.
- You will receive any needed prescriptions.
- If needed, a physical therapist will instruct you about walking.
- You may require a cane.

Things To Do Today

- Wash up.
- If possible, have a family member look at your incision so that you can report any changes, such as redness, drainage or swelling to the surgeon.
- Review the information in the Patient Guide on “When to Call the Doctor.” These are possible danger signs that need to be reported to the doctor.
- Take pain medication as prescribed and needed. You will be asked to rate your pain before and after taking pain medication so the staff can make sure you are comfortable. Remember to tell the nurse.
- Review the Discharge Instructions in the Patient Guide. Remember, **no bending, twisting or lifting** anything heavier than 2 pounds.
- Find out when you need to return for a follow-up visit with the surgeon.
- Review the discharge plan with the nurse and sign it. Ask any remaining questions.

GET HOME SAFE!

