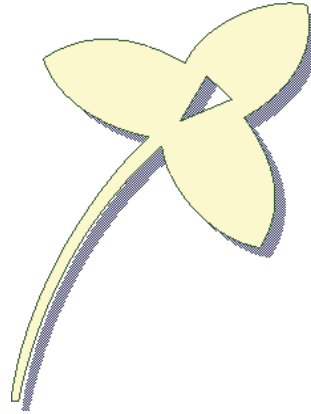


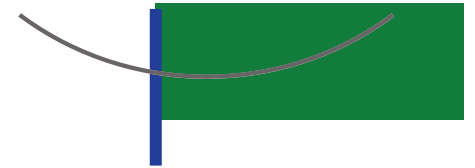
Contact your physician if

If any of the following occur, please contact your doctor or go to the hospital's Emergency Department:

- Persistent pain not relieved by medication.
- You start to have new discomfort, such as numbness, tingling, or shooting pains in your legs or back.
- There is persistent bleeding or drainage of fluid from the incision.
- The incision line becomes inflamed (reddened or swollen in appearance).
- You are unable to pass urine.
- You develop a fever or chills.



After Your Microdiscectomy



Trillium Health Centre	
Mississauga 100 Queensway West Mississauga, ON (905) 848-7100	West Toronto 150 Sherway Drive Toronto, ON (416) 259-6671

The following are general guidelines. Your surgeon will provide you with more specific information.

Diet

- You may eat a light meal today.
- Resume your normal diet tomorrow if you have no nausea or stomach upset.



Activity

- Rest today with activity as tolerated.
- Do not twist your back; log roll in bed to reposition yourself.
- Walk a little bit more each day; let comfort be your guide.
- Resuming activities too soon can re-injure your back.
- After 3-4 weeks, you can start to do light activities as you feel able.
- Let others do heavier work (laundry, outdoor work).
- No heavy lifting.

Care of the Dressing

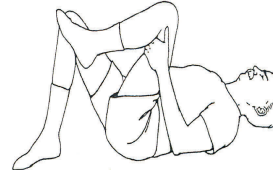
- Keep the dressing clean and dry.
- For the first 5 days, cover your stitches with plastic when you take a shower.
- After 5 days, you may keep the incision line covered with a band aid/small gauze dressing to prevent clothing from rubbing or irritating the area.



Hip and Knee Bends

- Strengthening exercises are part of your recovery.
- You can expect some discomfort with activity after surgery, but if burning or pain occurs when exercising, STOP and rest.

1. Lying on your back, bend up both knees.
2. Gently bring one knee up toward your chest.
3. Slowly lower the leg back down.
4. Repeat with the other leg.



- Repeat this exercise gently 5 times. If no pain, increase the number of repetitions you do each day. Let comfort be your guide.

Can I Drive?

- Consult your surgeon as to when you can begin to drive.



Follow-up

- Follow-up with your family doctor in **1-2** weeks to check your incision.
- Call your surgeon to book a follow-up appointment in **4-6** weeks.
- Be sure to take all medications as prescribed, and get enough rest to help with your recovery.



Follow-up Appointments



1. Dr. _____
Date _____
Time _____
Phone # _____
2. Dr. _____
Date _____
Time _____
Phone # _____