

Wound Care

Postoperative for discectomy, Laminectomy, and Decompression

Patient Instructions

- Remove outer dressing over back wound 48 hours after surgery and leave wound uncovered and exposed to the air. Underneath this outer dressing may or may not be steri-strips (small pieces of tape) these will fall off and should not be pulled off. If you perspire a lot you should keep the wound covered with a single gauze dressing changed twice daily for one week.
- 72 hours after surgery you may take a shower and get the surgical wound wet.
- You may not go in a bath tub, pool, Jacuzzi or any body of water for approximately 4 – 6 weeks or until your incision is completely healed.
- If your incision becomes red or oozes you should call the office immediately.
- If your temperature goes over 101 you should immediately contact the office **734-434-4110**
- Do not think you can facilitate the internal healing process after surgery with exercises. This process will occur on it own and takes approximately 12 weeks.
- It is not uncommon for surgical wounds to have some scant drainage. If this occurs you should do your best to keep the wound clean and dry. We recommend you wipe the wound with Iodine or Betadine and cover it with a loose gauze bandage 3 times a day. Iodine and Betadine are over the counter antiseptics you can obtain at a local pharmacy. You should not place any creams on the wound. Even antibiotic creams tend to keep the wound moist and prevent them from drying and scabbing. Iodine or Betadine would be preferable.

ANN ARBOR NEUROSCIENCE cares for brain and head problems with its team of neurosurgeons.

ANN ARBOR SPINE CENTER takes a multidisciplinary team approach to back and neck problems to emphasize nonsurgical treatment options before exploring spine surgery.

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Within the Michigan Orthopedic Center on
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On-line educational encyclopedia
with home remedies, symptom charts and
video animations about spine at:
www.AnnArborSpineCenter.com