



(847) 519-9700

# Illinois Spine Institute

## Lumbar Discectomy Pre-Operative Information

### Pre-operative medical evaluation

Prior to your surgery, your surgeon may have you see your primary care doctor for a pre-operative examination. You will also need routine blood work to be done, and possibly a chest x-ray and EKG depending on your age and medical conditions.

### What to expect the day of surgery

Before your surgery you will be visited by the doctor, as well as the anesthesia staff. You will be taken back to the operating room where anesthesia will be administered, and monitoring will be started. This process can take up to one hour prior to the start of surgery.

Following surgery you will be taken to the recovery room. The staff will work to make you comfortable, and once stable will transfer you to the second stage of recovery. The nurse will review post-op instructions and once discharge criteria are met, you are free to go home. Nearly all patients go home the same day as their surgery.

### Medication

You should take your normal medication leading up to your operation. **Avoid Non-steroidal anti-inflammatory medications (examples include Advil/Motrin (ibuprofen), Aleve (naproxen), Celebrex, and/or Aspirin) for 2 weeks prior to your surgery.** You will be given instructions on what medications to take following surgery.

### What to expect following surgery

Muscle spasms and back pain are expected after your surgery. Once the pressure is taken of the nerve(s), your leg pain, numbness / tingling, and weakness should improve. Usually the pain improves first, then the weakness, followed by the numbness / tingling. The back pain and spasms usually improve over the following 2-3 weeks – physical therapy may be started at this time to help.

A follow-up appointment should be made to see the doctor approximately two weeks following surgery. It is best if these are scheduled prior to the surgery.

Following surgery, you should arrange to rest for the first few days. Avoid heavy lifting, bending/twisting, etc to help decrease the chance of recurrence of the disc herniation. One of the best exercises is to walk at least 3 times a day for at least 30 minutes each time. This will help to strengthen your back muscles and eliminate pain.

Return to work is variable and depends on the type of work you perform. The doctor will discuss this with you after your operation.

If there are any questions or concerns, please feel free to call our office.

**Thank you for choosing the Illinois Spine Institute  
Your choice for comprehensive Spinal Care**