

**Jeff Pan, M.D.
Neurosurgery
1101 Amboy Ave
Edison, NJ 08837**

**POSTOPERATIVE INSTRUCTIONS:
LUMBAR MICRODISCECTOMY/LAMINECTOMY/FUSION**

- **After discharge from the hospital, call Dr. Pan's office at 732-205-9110 to schedule a post-operative appointment approximately 1 week after surgery.**
- **Do not apply bandages, lotions or ointments to the surgical wound. Keep the incision dry. Do not scrub or scratch the wound. If staples are present they will be removed at the post-op visit.**
- **Patients may shower the day they arrive home from the hospital but must cover the surgical incision with plastic for the first 7 days. After 7 days, you may let water and soap run over the wound and pat it dry. Do not sit in a tub or pool for approximately 4 weeks.**
- **After you are discharged home, gradually increase your activity level each day, with frequent rest periods. Patients are strongly encouraged to walk daily. Over 1-2 weeks patients should progress to walking at least an hour each day (three or four, 15-minute walks are adequate). No stretching, exercising or physical therapy until cleared by Dr. Pan.**
- **Do not lift objects weighing more than 10 lbs for 6 weeks. Avoid frequent bending at the waist. Patients are restricted from driving a car for approximately 14 days after surgery. (Patients can be a passenger in a car but may not drive for this period.)**
- **Call Dr. Pan's office at 732-205-9110 for signs of drainage from the wound, swelling or fever above 101 degrees.**
- **Disability forms may be faxed to Dr. Pan's office at 732-205-9120.**