

Discharge Instructions

- *No lifting greater than 10 pounds*
- *No driving for 2 weeks after surgery*
- *You may begin walking short distances once you are discharged home.*
- *You will be given narcotic pain medication for severe pain. You may take Tylenol for minor pain.*
- *Take your muscle relaxant medication whether you feel you need it or not*
- *You must keep your sutures dry. Do not immerse your sutures in water or get them wet. You will be given Aquaguards upon discharge for showering purposes.*
- *You may clean your incision site with hydrogen peroxide.*
- *You may leave your incision open to air without a bandage or dressing.*
- *You will follow up in 10-14 days after surgery for suture removal.*
- *You will not start physical therapy until at least 4 weeks after surgery.*

Reasons to Call the Office

- Fever greater than 101 F
- If you have increased swelling or redness at incision
- If you have drainage at your incision
- If you develop chest pain, or shortness of breath
- If you have calf pain/leg pain or swelling
- Increased pain not relieved with medications

Please have your pharmacy fax our office at 972-535-2180 for all medication refills.

Jeffrey F.  **Attorini, MD, PA**
Neurosurgery

5425 W. Spring Creek Pkwy., Suite 133
Plano, TX 75024
972-535-2170

Lumbar Laminectomy & Lumbar Laminotomy



Jeffrey F.  **Attorini, MD, PA**
Neurosurgery

#ADAM

Surgery Can Help

Laminotomy and laminectomy are surgeries that remove a small amount of bone from the spine. This takes pressure off nerves in the low back, which greatly reduces symptoms. These surgeries are especially good at reducing leg pain.

How You Benefit

Most people feel better soon after their surgery and feel back to normal within 1 to 3 months. Laminectomy & Laminotomy will:

- *Reduce pain*
- *Relieve leg pain from the hip down to the foot*
- *Allow leg strength to improve*
- *Reduce numbness in the affected leg*
- *Improve quality of life*

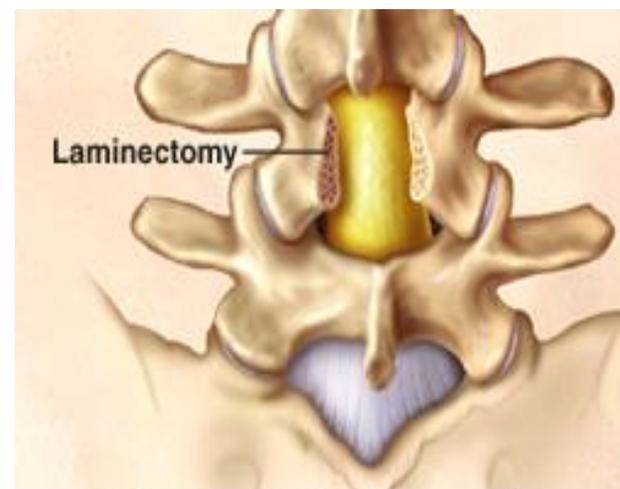
Laminotomy



During a laminotomy, part of the lamina is removed from the vertebra above and below the pinched nerve. The small opening created is sometimes enough to take pressure off the nerve. But in most cases, disc matter or a bone spur that is pressing on the nerve is also removed.

Laminectomy

During a laminectomy, the entire lamina is removed from the affected vertebra. The opening created may be enough to take pressure off the nerve. If needed, your surgeon can also remove any bone spurs or disc matter still pressing on the nerve. In some cases, laminectomy involves two or more vertebrae. After laminectomy, the opening in the spine is protected by the thick back muscles.



The entire lamina is removed from the affected vertebra.