

# Bermuda Spine Center

## Discharge Instructions/Orders Laminectomy

1. D/C to (Home / SNF)
2. Follow up in 3 weeks with Dr. \_\_\_\_\_ Phone \_\_\_\_\_.  
**Call the office for all questions at 295-3923**
3. No heavy lifting, bending, or stooping for 3 weeks.
4. No Driving for 3 weeks
5. No Sexual activity for 3 weeks
6. No Prolonged sitting greater than 30 min at a time for 3 weeks.
7. There are **no restrictions** on walking. By the end of three weeks you should be walking 2-6 kilometers per day which will serve as your therapy.
8. Physical Therapy will not resume on discharge and may be restarted after 3 weeks.
9. You should wear your corset full time when not in bed for 3 weeks.
10. It is ok to shower only, no baths or pools etc. Keep your wounds clean and dry.
11. Call the office if you notice any drainage from the wounds.
12. Vicodin 1-2 tablets by mouth every 6 hours as needed for pain.
13. Soma 350mg by mouth every 8 hours as needed for back spasm
14. Colace 100 mg 1 tablet by mouth twice per day.
15. Vitamin C 500mg 1 tablet by mouth twice per day.

## Discharge Instructions/Orders Fusion

1. D/C to (Home / SNF)
2. Follow up in 3 weeks with Dr. \_\_\_\_\_ Phone \_\_\_\_\_.  
**Call the office for all questions at 295-3923**
3. No heavy lifting, bending, or stooping for 3 weeks.
4. No Driving for 3 weeks
5. No Sexual activity for 3 weeks
6. No Prolonged sitting greater than 30 min at a time for 3 weeks.
7. There are **no restrictions** on walking. By the end of three weeks you should be walking 2-6 kilometers per day which will serve as your therapy.
8. Physical Therapy will not resume on discharge and may be restarted after 6 weeks to 3 months.
9. Brace is to be worn full time when not in bed for 3 months.
10. It is ok to shower only, no baths or pools etc. Keep your wounds clean and dry.
11. Call the office if you notice any drainage from the wounds.
12. Vicodin 1-2 tablets by mouth every 6 hours as needed for pain.
13. Soma 350mg by mouth every 8 hours as needed for back spasm (lumbar patients only).
14. Colace 100 mg 1 tablet by mouth twice per day.
15. Iron Sulfate 325mg 1 tablet by mouth twice per day(Lumbar fusion patients only).
16. Vitamin C 500mg 1 tablet by mouth twice per day.
17. Aspirin 81mg 1 tablet by mouth twice per day(Lumbar fusion patients only).