**Endoscopic Discectomy Pre-op Instructions**

1. No eating or drinking for 8 hours prior to the scheduled procedure time
2. You will be sent to “Pre Procedure Testing” with our internal medicine doctor to make sure all your body systems are healthy enough to have the procedure. The doctor will likely order testing.

**Endoscopic Discectomy Post-op Instructions**

1. No leaning forward (bending), at all for 1 month.
2. Have a “lazy” day on the day of the procedure. When you go to the restroom, no bearing down for bowel movements. You may have significant to intense back pain. Take your pain medicines as prescribed. No sitting for the first 2 days - which means you can stand or lay down still. You may sit in a recliner tipped back a little (we do not consider this sitting)
3. Day 2: You may have significant to intense back pain. No sitting.
4. Day 3: Get out to walk about 10 minutes slowly on a safe, level surface. Every day thereafter, double the time and/or distance upto 45 minutes a day.
5. From day 3 until day 30, do not sit for more than 30 minutes at a time. AND, after sitting for this time, you must get up and walk OR lay down for 5-10 minutes before sitting again.
6. The time OFF work will vary for different people. Ask your doctor.
7. Your doctor will order a back brace for support, which will help with pain during your post-op period (1 month). Do NOT use this back brace while driving.
8. You may shower or bath the morning after your procedure.
9. The bandage is just to collect any fluid or blood that may leak. Feel free to remove it once no drainage occurs.
10. You may drive after 7 days, if you feel ok to do so. Please exercise judgment – if you are not stable, ask your doctor first and do not drive.

Michigan Pain Specialists (734) 547-4850 or (866)834-PAIN

No alcoholic beverage 24 hours after sedation, anesthesia, or while taking pain medication. No complex decision making or signing of any important papers 24 hours after sedation. Call if you experience unusual symptoms or develop a fever over 101 degrees.

Special Instructions: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Medications:

Nurse: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_Time\_\_\_\_\_\_\_\_\_

Responsible Party \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_