

925 Gessner
Suite 500
Houston, Texas 77024
713-464-6245

DISCHARGE INSTRUCTIONS FOR DR. MORADI'S PATIENTS:
**POSTERIOR LUMBAR DECOMPRESSION, PEDICLE SCREW
FIXATIONS &
INTERBODY FUSIONS**



1. Please call the office and make an appointment with Dr. Moradi for 10 days from the date of surgery.
2. Patients may **shower 72 hours after** the surgery, if there is no discharge from the incision. **No baths.** Notify the office if you continue to have saturated dressings after 3 days post op. If there is discharge , don't get the incision wet
3. Cover the incision on a daily basis. Do not apply any over the counter medications on the incision. Call or email if you detect redness, drainage , or opening of the incision
4. At all times, keep the incision clean and dry. **Please call the office if you notice any of the following:** 1) skin color change around the incision, 2) drainage/seepage, 3) fever, 4) fluid collection around the incision site. The answering service will also reach Dr. Moradi.
5. **No heavy lifting over 5 pounds for 12 weeks.** No bending or twisting of the back. No prolonged sitting in a chair, sleeping in a lounge chair, or sitting behind a desk/computer for long periods of time.
6. Do not climb stairs repeatedly.
7. **Walking is encouraged** several times a day; many patients often walk in the malls.
8. **No travel, work, or driving** until after first post op visit. Limit your road trips.
9. Take your medications as prescribed by Dr. Moradi.
10. **Wear your TLSO brace when you're up and walking.** You do not need to wear it when sleeping or sitting.
11. No elective procedures of any kind while postoperative (10 weeks). This includes dental procedures/cleanings, colonoscopies, etc.

