

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



DISCHARGE INSTRUCTIONS FOR DR. MORADI'S PATIENTS:

POSTERIOR LAMINECTOMY/MICRODISCECTOMY

1. Please call the office and make an appointment with Dr. Moradi for 10-14 days from the date of discharge from the hospital for your first post-op appointment.
2. Patients may **shower 72 hours after** the surgery. No dressing is needed over the incision after the first day. Do not apply any over the counter medications on the incision.
3. 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 office can be reached at (713)-464-6245. The answering service will also reach Dr. Moradi.
4. **No heavy lifting over 5 pounds for 10 weeks.** No prolonged sitting in a chair, sleeping in a lounge chair, or sitting behind a desk/computer for long periods of time.
5. Do not climb stairs repeatedly. Try to limit your trips up and down.
6. **Walking is encouraged** several times a day; many patients often walk in the malls on bad weather days. You should aim to change your position/take a walk every hour or so.
7. **No driving or travel** until after your first follow up. Limit road trips afterwards, if possible.
8. Take your prescribed medications by Dr. Moradi. If medication refills are required, contact your pharmacy and they will call the office on your behalf. If you have a medication reaction, please call Dr. Moradi at the office, (713)-464-6245. The answering service will also reach him.
9. No elective procedures of any kind during your postoperative period with us (10 weeks). This includes dental procedures/cleanings, colonoscopies, etc.

