



**Dr. Jamie Gottlieb, MD**

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**Dr. Jamie Gottlieb's Post-Procedure Discharge Instructions for an Endoscopic Laminectomy  
Discectomy.**

**Office number: 469-528-1169**

1. You should have a follow-up appointment for 2-3 weeks after your date of surgery with Dr Gottlieb.
2. If your stitches are under the skin, they will dissolve on their own. If you have sutures, they will be removed in 14-21 days in the office.
3. Please keep your incisions clean and dry. You can take a shower 48 hours after your surgery, NO BATHS. After showers gently dab your incisions dry, then Betadine incisions, and place 4x4 gauze dressing on incisions with Medipore tape.
4. After 48 hours from your surgery change your dressing daily. Betadine paint the incisions once or twice daily, then place 4x4 gauze with tape. Bandage should cover the entire incisional site.
5. DO'S and DON'T'S:
  - \*Walking is good, it will help ease soreness and speed your recovery. Slowly increase the distance you walk to help build your strength back.
  - \*Avoid sitting more than 30 minutes in the same position. Get up and move around Frequently.
  - \*No driving for 1 weeks. You may be driven but try to limit trips in car initially.
  - \*DO NOT LIFT anything greater than 10 LBS (weight of a gallon of milk) or perform strenuous activities. No bending at your waist or twisting movements of your back. Bend only at your knee, keeping your back straight.
6. THINGS TO WATCH FOR: You should call the office if any of these occur:
  - \*Fever (reading greater than 101.5).



\*Severe pain that is worsening.

\*Redness or drainage from your incision.

Please feel free to call the office with any questions: 469-528-1169