

POST OP FOR DR. MCKALIP'S LAMINECTOMY PATIENTS

1. Do not do any lifting. To pick up an object, you should squat down and lift.
2. Avoid sitting for any longer than 30 minutes for seven days. Sitting will put undue stress on your back. A lounging position with your feet up will put less strain on your back.
3. You are encouraged to be as active as possible, but do not over exert yourself. Walking is fine as long as you take short, frequent walks, very gradually increase your walking distance. Swimming is also a good source of exercise, after one month post-op.
4. Avoid exercises such as jogging, biking, contact sports, or other strenuous activities. You may or may not be able to return to these types of activities.
5. You may shower on day three post-op but avoid rubbing the incision area. You should pat the area dry. You do not need another dressing on after you shower. Report any drainage from the wound to Dr. McKalip's office.
6. Continue to take all previous medication ordered by your regular medical doctor unless otherwise instructed.
7. You may resume sexual activities when you feel comfortable and you think that you are ready.
8. If you have any questions concerning what you should or should not do, please call Dr. McKalip's office. The secretary will put you in touch with someone who will help answer your questions.
9. Call Dr. McKalip's office and make an appointment for follow-up care. The appointment should be 1-2 weeks after your surgery.



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