



Post-Operative Schedule

Lumbar Microdiscectomy

1st visit (7-10 days)

- Continue use of brace
- Transition pain medication to Tramadol
- Back and leg symptoms are expected and normal
- Restrictions: No lifting greater than 20lbs
- Begin physical therapy

2nd visit (6 weeks)

- Discontinue the lumbar brace
- You will be finishing up physical therapy and transitioning to a home exercise program
- Residual back and leg symptoms are possible
- We will transition you off of all narcotics. You may use NSAIDs for pain relief.
- Restrictions: No lifting greater than 30lbs, occasional bending and twisting. No crawling or use of ladders
- You may submerge your incision (i.e. pool, beach, hot tub)

3rd visit (3 months)

- At this time you will be finished with physical therapy. Maintenance with home exercise program.
- NSAIDs for pain relief if needed.
- Restrictions: You may return to physical activity in a gradual fashion