



Dr. Ross Sherban
Fellowship Trained
Surgery of the Neck and Back

“Start to Finish”

Decide to have surgery and Understand the Process

Pre-Op Instructions

- * Medical Clearance may be required
- * Dr. Sherban’s Medical Secretary Jamie will schedule the surgery times and dates (P: 716-447-6310 EXT 2)
- * Return to see Dr Sherban for detailed pre-surgery appt:
 - to receive your lumbar brace, if needed
 - sign consent form(s) & further review procedure information and recovery process
 - write down a list of any questions you may have & bring it with you
- ** After your pre-surgery appt is done, go to Buffalo/Kenmore Mercy Hospital to have your pre-op labs performed

Sherban Orthopaedics and Spine Surgery, PLLC

2914 Elmwood Ave, Kenmore, NY 14217
 55 Spindrift Drive, Williamsville, NY 14221
 3673 Southwestern Blvd, Orchard Park NY 14127

What to Expect About a Microdiskectomy

Commonly Asked Questions

Patients want to know:

* How long does this surgery take?

45 mins - 1 ½ hours

(based on # of levels to be performed)

*How long will I be in the hospital?

May go home same day or overnight stay

(depending on surgery start time and how you feel)

*When can I return to work?

Approx. 10-14 days after surgery

(Depending on your occupation)

The Day of Surgery

Bring with you:

* **Lumbar brace** (if given one)

* All routine medications and/or inhalers (in the original bottles)

*Check in to the registration area at the hospital

(You’ll be taken to a surgical holding area)

* The Anesthesiologist will discuss surgery with you before you are taken to the operating room

*After surgery: Dr. Sherban will visit with your family members in waiting area

Patient monitored in recovery room for 1 hour

* PLEASE tell your family they are NOT allowed in the recovery room; they can join you after you are transferred to a hospital room.

Hospital Stay

Family Members:

* **Prescriptions:**

Rx will be written on your chart for you to take home and fill

* Discharge plan depend on: How you are feeling after surgery. *Most* patients can go home the same day. (Expect to feel a little weak or tired when you first get home).

***Nerve Symptoms:** typically manifest as pain, numbness, tingling or loss of strength in the leg. Duration of symptoms cannot be predicted.

Depending on the amount of nerve damage, it may or may not go away.



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Instructions for Recovery:

Be Determined!

Keep your follow-up appointments:

2wk, 6 wk, 3 mo, & 12 mo

Post-Op Instructions

The Morning After and Initial Days Post Surgery:

1. Dr. Sherban or nurses will: examine you, draw labs if needed and monitor your recovery.
2. Prescriptions will be written on the front of your chart for you to take home and fill.

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What to Expect Following a Microdiskectomy

0-2 weeks after surgery

Change Dressing:

- *1x daily with DRY bandage
- *Use CLEAN hand only to change
- *Fold a 4x4 gauze in 1/2 and place over incision
- *Apply tape over the gauze to adhere to the skin (paper tape is best; less irritation)
- *Do NOT cleanse with any products (soap, peroxide, alcohol, etc)
- *Do NOT apply ointments to the incision

Showering:

- *You can take your 1st shower 2 days after surgery
- * USE shower guards given to you by the hospital (incision needs to stay as DRY as possible)
- *No NOT bathe/swim until Dr. Sherban has authorized to do so.

NO Driving! No Lifting!

- *"no more than a gallon of milk"
- *Limit twisting and bending. Take it easy!
- *Stay around the house and use common sense

Bleeding: Expect some blood on daily dressing.

*If it does not decrease after the first week or changes in color, notify the office immediately

2-6 weeks after surgery

At your 1st appt. to follow-up clinic:

- * Post-op x-rays will be taken and reviewed
- *Incision is assessed (Dermabond is used and this will fall off on its own)

Driving

*OK if or when you feel capable and when you are NO longer taking Opioid pain medications.

Walking

*It HELPS and is very important! (1/2 - 1 1/2 miles per day)

Physical Therapy

will be needed. Your progress will determine for how long.

It takes time to heal

*Don't try to overdo it!

Work

*You may return to work (possibly part time to begin with)

3 months after surgery

Remaining follow up visit(s):

*Post-op X-rays will be taken, reviewed and repeated at each 3, 6, or 12 month follow up visits

Most post-op patients may:

*resume sports, activities, golf, etc.

***ALWAYS** be aware of what aggravates your back.

DON'T OVERDO IT!

* It does not take much to aggravate your back, with or without surgery.

"CIRCLE OF PAIN"

By: Ross Sherban, MD

