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## **Discharge Instructions for Dr. Rosenthal's Patients**

### **Lumbar Decompression (lower back disc, laminectomy – no fusion)**

1. Stay at home, but move about.
2. You may go outside, but do not travel by car.
3. When you feel comfortable standing, you may take a shower.
4. Keep the dressing on.
5. Follow up (return to office to see Dr. Rosenthal) in 10 days following surgery.