



## NUCLEOPLASTY PATIENT DISCHARGE INSTRUCTIONS

- Plan to rest for 1-3 days after your nucleoplasty in a comfortable position (i.e. lying down or reclining), limit sitting or walking to 10-20 minutes at a time.
- Sitting – limit to 30-45 minutes at any one time for the first 6 weeks.
- Standing and walking are permitted to the patient's tolerance.
- Driving – none for the first 1-2 days.
- Lifting – limit to 5-10 pounds for the first 2 weeks. No lifting > 10 lbs. for the first 6 weeks. Limit to 25 lbs. for the next 6-12 weeks.
- No bending or twisting of the low back for 4 weeks. No activities that require rotation of the spine.
- Avoid forceful coughing or sneezing.
- Avoid strenuous bowel movements.
- Housework – no bending or twisting of the low back.
- Exercise:
  - Walk daily beginning at the end of the first week for approximately 20 minutes. Increase to 20 minutes, twice per day if tolerated, and then progressively increase to 1 hour a day by the end of week 4. If back or leg symptoms increase at any point, back down on the duration of walking.
  - No swimming for the first 2 weeks.
  - Formal physical therapy may begin at 2-3 weeks post-op.
  - **Do Not** use a treadmill or a Stairmaster for the first 6 weeks unless otherwise instructed.

**Most people will be back to work in 1 week.**