

**DARLEAN SCOTT**

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

**07/20/2017 - Office Visit: POST OP**

**Provider: Mukesh Misra MD**

**Location of Care: Antelope Valley Neuroscience Medical Group**

**History of Present Illness:**

I saw DARLEAN SCOTT back in the office today. She is now around 10 weeks since her lumbar decompression. She is better but still recovering. Denies any new issues. Op site dry and clean.

**Review of Records**

**Past Medical History:**

Reviewed history from 06/01/2017 and no changes required:  
No hypertension, diabetes, MI, or cancer.

**Past Surgical History:**

Reviewed history from 06/01/2017 and no changes required:  
Statys post L3-L5 Lumbar Laminectomy/Laminotomy.  
Status post Left CTR.  
Status post Right CTR.  
Status post C4-C7 ACDF by Dr Misra on 12/12/16.  
Status post L3-S1 ALIF by Dr. Misra on 05/08/17.

**Family History:**

Reviewed history from 06/01/2017 and no changes required:  
Family History of Tuberculosis  
Family History of Bleeding Disorders  
Family History of High Blood Pressure  
Family History of Diabetes  
Family History of Heart Disease

**Social History:**

Reviewed history from 06/01/2017 and no changes required:  
Patient currently smokes every day. She smokes 6 cigarettes a day  
Alcohol Use - yes Moderate.  
Drug Use - no  
HIV/High Risk - no  
Regular Exercise - no

**Risk Factors:**

Counseled to quit/cut down tobacco use: yes

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**Vital Signs:**

Patient Profile: 53 Years Old Female  
Height: 64 inches  
Weight: 172.9 pounds  
BMI: 29.79  
Temp: 97.7 degrees F  
Pulse rate: 68 / minute  
Resp: 16 per minute  
BP sitting: 128 / 90

**Physical Exam**

**MSK:**

cervical and lumbar tenderness

**Neurologic:**

Awake and alert  
II-XII normal  
grip better 5/5  
rt PF 4/5  
decreased rt L5 sensations  
absent rt AJ and rt BJ rest DTRs normal  
No cerebellar  
gait cannot do tandem  
positive SLR

**Impression & Recommendations:**

**Problem # 1:** Lumbar radiculopathy (ICD-724.4) (ICD10-M54.16)

**Assessment:** Improved

Her updated medication list for this problem includes:

Percocet 10-325 Mg Tabs (Oxycodone-acetaminophen) ..... T po q 4-6 hrs prn pain  
Soma 350 Mg Tabs (Carisoprodol) ..... T po q 8 hrs prn  
Norco 10-325 Mg Tabs (Hydrocodone-acetaminophen) ..... T po q 6 hrs prn

**Other Orders:**

99024-NO CHARGE/POST OP (CPT-99024)

**Patient Instructions:**

- 1) Please schedule a follow-up appointment in 8-10 weeks.
- 2) Discussed the hazards of tobacco smoking (use). Smoking cessation recommended and techniques and options to help patient quit were discussed.
- 3) Discussed importance of regular exercise and recommended starting or continuing a regular exercise program for good health.

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- 4) The patient was encouraged to lose weight for better health.  
5) Most patients (90%) of patients with low back pain will improve with time (2-6 weeks). Limit activity to comfort and avoid activities that increase discomfort. Apply moist heat and/or ice to lower back and take medication as instructed for pain relief. Please read the Back Pain Handout and start Physical Therapy as directed.

**Active Medications:**

PERCOCET 10-325 MG TABS (OXYCODONE-ACETAMINOPHEN) T PO Q 4-6 hrs prn pain  
SOMA 350 MG TABS (CARISOPRODOL) T PO Q 8 HRS PRN  
NORCO 10-325 MG TABS (HYDROCODONE-ACETAMINOPHEN) T PO Q 6 HRS PRN  
MEDROL (PAK) 4 MG TABS (METHYLPREDNISOLONE) take as directed by physician  
FLEXIRIL 10 MG ( ) TAKE 1 EVERY 8HRS PRN

**Current Allergies:**

No known allergies

**Electronically signed by Mukesh Misra MD on 07/20/2017 at 9:55 AM**

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