

## POST OPERATIVE RECOVERY – LUMBAR SPINE

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**HOSPITAL STAY :**      2-4 DAYS MICRODISCECTOMY      4-6 DAYS LAMINECTOMY

**BEFORE SURGERY:**      Inform Mr Malham about any medical conditions or previous operations. If you have a medical condition such as diabetes, heart problems, high blood pressure or asthma, Mr Malham may arrange for a specialist physician to see you for pre-operative assessment and look after you following the operation.

Inform Mr Malham of medication that you are taking and/or have allergies to medications.

Patient must stop using the following, 10 days pre-operatively:

- Aspirin
- Plavix
- Isocover
- Asasantin

Patient must stop using blood thinning medication (*such as Warfarin*), 3-5 days pre-operatively.

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**WOUND CARE:**      Your lumbar wound will be covered with a waterproof dressing. This means that you can shower & bathe as normal. If water gets under the dressing it should be removed and replaced. The waterproof dressing can be removed after 7 days.

The wound will be raised and slightly red initially. This is because the sutures under the skin (*sub-cuticular*) are dissolvable. These usually dissolve 60-90 days after surgery. The scar will then start to flatten, narrow and the redness will settle.

If the wound is uncomfortable and irritated you can apply moisturiser, Bio Oil or Vitamin E Cream to help soothe the irritation.

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### 4 WEEKS POST SURGERY:

You should not drive, but can travel as a passenger in the car with the seat reclined to 30 degrees. You will have a restriction on sitting, standing, walking and lying down of 30 minutes each episode, when you will then change your position. Make sure you avoid bending and twisting and keep your back straight at all times. Do not lift greater than 5kg.

You should undertake light exercise with walking. Your walks should be kept in line with the 30 minute rule and should be performed 3-4 times/day. Mild discomfort and residual leg pain or numbness is common in the first few weeks. Please take pain relief if required.

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### POST-OPERATIVE APPOINTMENT:

You will be provided with a post-operative appointment 4-6 weeks after your surgery to see Mr Malham. No CT or MRI scan is needed before your appointment. Further instructions will be given in regards to rehabilitation and return to work plans.

Most patients resume light duties/activities from 4-6 weeks, moderate duties/activities from 8 weeks and full/normal duties/activities from 12 weeks post operatively.

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