

Care after your day case lumbar decompression/discectomy

Department of Orthopaedics

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Information for Patients

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You have been given this leaflet because you are having surgery to remove a disk in your spine. You do not need to stay in hospital after the surgery. This leaflet will help you get ready for your surgery and support you in your recovery at home.

What to expect after your surgery

After surgery you will be taken to the ward. The nursing team will check your observations and transfer you into a chair. A physiotherapy will see you and give you a discharge letter. They will also give you medicines to take home with you.

What do I need to do at home after discharge?

- Keep yourself hydrated.
- Take the pain medicine as prescribed when you need it.
- Try to keep moving. Listen to your body and do a little more each passing day.
- You will get a text message 1 day after your procedure. This will have some follow up questions for you answer to make sure you are managing well.
- Keep your wound clean and dry. Have your wound reviewed 2 weeks after discharge at your GP or call the Single Point of Access (SPA) on **0300 300 7777**.
- Check the wound dressing daily to check for any signs of redness, swelling, discharge or you have a high temperature. Call the discharging ward if you do.
- At 6 to 8 weeks after discharge we will send you a letter in the post for an appointment.
- When you can sit comfortably and return to walking normally, you may return to drive a car. You must be able to do an emergency stop.
- Research suggests returning to work slowly at 4 to 6 weeks after is best for recovery.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

Red flag information

Post-Operative Spinal Surgery – Patient Alert Guide

Patient Name: _____

Surgery Date: _____

Consultant: _____

Go to the Emergency department or call 999 if you have:

Neurological symptoms:

- New or worsening weakness in legs
- New loss of bladder or bowel control
- Loss of urge to pass water
- New numbness in inner thighs, buttocks, or genitals

Infection signs:

- Fever over 38°C (100.4°F)
- Red, hot, swollen wound or pus discharge
- Severe pain increasing each day – worse pain than expected

Severe pain:

- Sudden sharp or shooting pain
- Pain unrelieved by medication

Possible blood clot:

- Painful leg swelling or redness
- Chest pain, breathlessness, or coughing blood

Spinal fluid leak:

- Headache or heavy head when sitting or standing but relieved when lying down
- Clear fluid leaking from surgical site



What to do:

- Call **999** or go to the **nearest accident and emergency department**.
- Then contact your **discharging ward** as soon as possible.

Keep this information with you for the first 6 to 12 weeks after surgery.
If in doubt, **act fast**, early treatment can prevent serious complications.

Contact details:

Ward 14: **0116 2584112**

Ward 16: **0116 258 8335**

Ward 18: **0116 258 4147**

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net