



ANTERIOR CERVICAL DISCECTOMY AND FUSION-SURGERY INFORMATION



PATIENT INFORMATION BOOKLET



WHAT IS LUMBAR DECOMPRESSION / DISCECTOMY SURGERY?

WHAT ARE THE RISKS ASSOCIATED WITH SPINAL SURGURY

POST OPERATIVE ADVISE

SITTING:	It is advised to limit your sitting for the first 2 weeks post-surgery. Only sit for short periods approx. 30 mins at a time. Regular movement is recommended i.e. every 30-45 minutes alternating between lying, sitting and standing.
DRIVING	0-2 weeks: no driving but you can be a passenger in a car. 2-6 weeks: drive for only short journeys. Ensure you can control your vehicle safely including executing an emergency stop. If you have a neurological deficit you are required to notify your insurance company.
WALKING	Start with 5 -10 minutes walks 2-3 times a day if you can- keep moving as much as is comfortable, pace your activities.
SWIMMING: LIFTING	Not until after your post-operative consultations. No heavy lifting for first 4 -6 weeks. Do not exceed a maximum weight of 5kg. Carry items close to your body. You should avoid housework that involves repetitive twisting e.g. sweeping floor/hovering.
RETURN TO WORK	Office: 2-4 weeks. Sit for short periods, stand and walk around from time to time Physical: After 6 weeks – Check with your surgeon
RETURN TO SPORT PHYSIOTHERAPY	This will be discussed with your Consultant or Physiotherapist at your post-operative appointment. You will be advised when to commence Physiotherapy at your post-operative appointment.

The discharging nurse can provide you with a medical certificate for the duration of your hospital stay. You will have to ask your GP for any further certificates.

The nursing and medical staff will help you to control your pain with appropriate medication. If you require any further analgesia, we advised you consult your own GP if necessary.

The ward physiotherapist will visit you after the operation to teach you exercises and help you out of bed. They will show you the correct way to move safely. Once you are confident and independently mobile, you will be encouraged to practice climbing stairs with the physiotherapist. Once stable, you will be allowed home, usually the day after surgery.

REFERENCES

POST OPERATIVE ADVISE

You will attend NeuroSpine for your surgical follow up approximately 6-8 weeks post operatively depending on your consultant's instructions.

This appointment will include a review by one of our Clinical Specialist Physiotherapist and your consultant.



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