
The Leeds Teaching Hospitals



NHS Trust

INFORMATION FOR PATIENTS

Discharge Advice following Spinal Surgery Cervical, Lumbar and Thoracic



This leaflet is intended to provide information about life at home following admission to hospital for spinal surgery.

Wound clips will be removed 7-10 days after surgery.

If you are discharged home before this, an appointment will be required with your GP's Practice Nurse to have them removed.

Contact your GP if the wound becomes increasingly painful, inflamed, red or there is some wound leakage.

Please also inform your GP if you develop a fever or high temperature.

It is safe to have a bath or shower after clips are removed but please avoid putting cosmetics/talc etc on the wound.

Gradually build up exercise tolerance.

Exercises will be given to you by the physiotherapist prior to your discharge along with advice about your posture.

You should aim to gradually improve your activity to a normal level over a period of 6-8 weeks unless otherwise advised.

Anybody who has a specific weakness in certain muscles will be given different advice and information from the physiotherapist.

Each type of surgery has some particular points to remember.

Cervical/Neck Surgery

Collars may be worn for six weeks after the operation depending upon your surgeons preference. This is worn during the day but may be removed for exercising, washing and for short periods when resting.

Lumbar/Back Surgery

Do not sit for extended periods of time. Build up your sitting time gradually.

Do not lift heavy objects or lift whilst twisting for the first 6-8 weeks.

Avoid activities such as gardening, decorating or building.

Gentle walking and swimming should be started after the first two weeks if desired but not overdone.

If you are worried that you may have a problem the best person to contact is your GP, or contact the ward on:

Ward 21 (0113) 392 7121

Ward 22 (0113) 392 7122

Ward 23 (0113) 392 7123

Ward 24 (0113) 392 7124
