

Day-case Discectomy

Mr Purnajyoti Banerjee Keyhole spine surgery with same day discharge information for Patients

We are happy to offer you our patient handbook, which includes suggestions for your treatment and recuperation from the clinical nurse expert, physiotherapist, and spinal surgeons. This guide should be reviewed as an addition to your B.A.S.S. booklet, which your spinal surgeon gave you in clinic or in Digital Consent, and serves as a reference for all of your inquiries. With input from patients who had prior spinal surgery, a group of clinical nurse specialists, therapists, and spinal surgeons created the directions in this booklet. You might receive extra instructions from your surgeon, tailored to your particular condition or operation.

Why do I need spine surgery?

You have been informed of the prospect of having spinal surgery as well as the reasons behind it after your investigations and consultation with your spinal surgeon. It's a very personal choice to undergo a spinal

procedure to treat your symptoms. Patients must carefully weigh the potential advantages of surgery against its risks and problems, as well as the entirety of their available surgical options. A brochure from the British Association of Spinal Surgeons (B.A.S.S.) containing detailed information regarding your spinal condition and procedure will be provided to you.

What to expect before spinal surgery?

Pre-assessment clinic

A pre-assessment clinic invitation will be sent to you approximately six weeks prior to your day-case procedure. The purpose of this meeting is to make sure you have all the tests—blood, x-rays, and ECG (electrocardiogram)—necessary to determine your suitability for surgery. In this appointment, please let your doctor or nurse know if you think you might require help after being discharged to your home. Any changes in your health, such as rashes or chest trouble, should be reported to the nurse.

Consent

By law, we have to have your signed consent before beginning any operation or other procedures. You'll be given the option to finish this online. But, in your preoperative consultations, you could also wish to ask your team any particular queries. The staff will go over all the risks, advantages, and options with you before asking you to sign a consent form indicating that you are okay with the treatment moving forward. Please do not hesitate to contact a senior staff member again if you have any questions regarding any aspect of the recommended course of therapy.

Your surgery may be cancelled if:

- Your white blood cell count is elevated, you have fever or signs of infection.

- You haven't stopped taking your blood thinners as instructed.
- Your blood sugars or blood pressure are too high.

Preparing for spinal surgery

There are many things you can do before your day case procedure to make your recovery easier, safer and faster:

1. Remain as active as pain allows.
 - Perform physiotherapy exercises and cardiovascular activity to maintain and build muscle strength and fitness, to speed up recovery. Studies show the more mobile and fit you are pre-operatively, the faster your recovery post operatively.
2. Arrange for help. Help from family and friends is desirable, but not essential!
 - You will not be able to drive for at least 2-3 weeks after your surgery.
 - Plan to have someone stay with you for the first 24 hours, if possible.
 - Ask a friend or family member if they will be able to buy groceries, run errands for you and/or drive you to doctor appointments.
3. Reduce risk of falling.
 - Remove any throw rugs or other hazards so walking is safer.
 - Wear shoes with non-skid soles.
4. Furniture.
 - Make sure you have a supportive comfortable chair in your home.
5. Keep pain levels under control with regular medication, pacing activities and using other pain-relieving modalities that help you.
6. Let us know if you need any additional support **BEFORE** coming into hospital so we can help you arrange this in advance.

7. Don't stress and be mindful.

- Stress and anxiety can worsen your post-operative pain and worsen your recovery. Consider starting some relaxation exercises or mindfulness techniques.

8. Check in with your GP to ensure any pre-existing health conditions are under control and well managed.

Your hospital stay

- You will be admitted to hospital on the day of your procedure.
- You will be seen by your consultant, anaesthetist and staff nurse who will explain the procedure and answer any of your questions.
- You will be required to fast 6 hours for food and 2 hours for water/clear fluids prior to your surgery, unless otherwise advised.
- Before your procedure, you'll be given a gown and compressive stockings. You'll be asked to remove any make up and/or jewellery.
- After your procedure you will be in the recovery area for some time, until you are fully awake and then return to your room/ bay where you will be closely monitored by a nurse, which will provide you the appropriate pain relief and assist you with your needs.
- Once your pain is well controlled, you can tolerate food and fluids, pass urine and walk independently or at baseline you are ready to be discharged.
- We advise you to arrange a friend or relative to escort you home after your procedure.
- You will have a small dressing on the procedure site that can be removed 10 days after the procedure.
- You'll have a follow up appointment with your consultant **4-6 weeks following** your procedure.

Medications

Kindly ensure you have an ample supply of any prescribed medications with you. These will be provided to you at the appropriate times and kept in a locked locker by your bed. We will give you any leftover pills when you leave the hospital, along with enough for 14 days of painkillers to take home.

Valuables

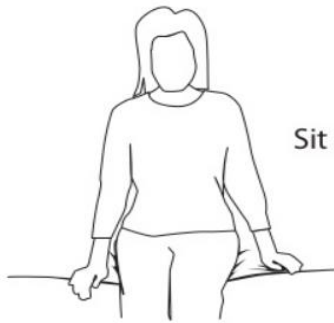
Kindly refrain from bringing in huge amounts of money, jewelry, or valuables.

If this is not feasible, kindly give any valuables you may have with you to the ward's charge nurse when you get there. You will receive a receipt, and they will be listed and secured in a safe. If something is not turned in for safekeeping, the hospital is not liable for its loss.

Movement advice

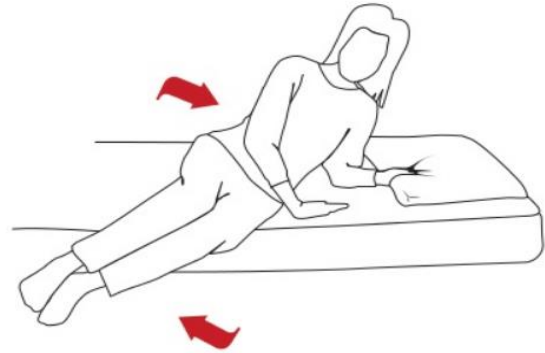
You will be encouraged to mobilise as soon as possible after your procedure, the nursing staff will be there to help and assist you with this. Do not expect to be seen by a physiotherapist after the surgery as you may not need one. Below is some general advice on how to perform early activities.

Getting Into Bed



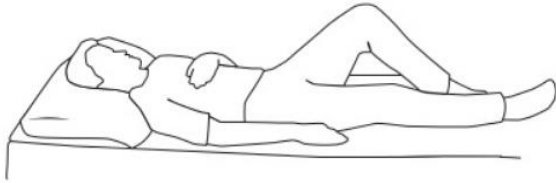
Sit on the side.

Gently lower yourself using your arms for support and swinging your legs up onto the bed in one motion. Do not twist.

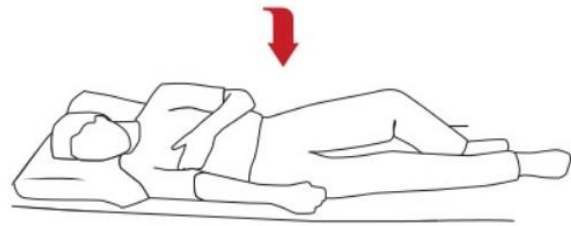


Getting Out of Bed

You will be taught how to log roll from side to side and how to get out of bed. The purpose of log rolling is to avoid twisting the spine at the hips when moving in bed.



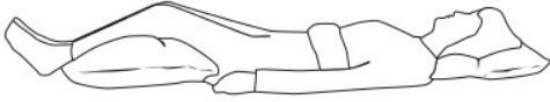
Bend your left knee and place your left arm across your chest.



Roll all in one motion to the right.
Always move in one unit. Reverse for
rolling to the left.

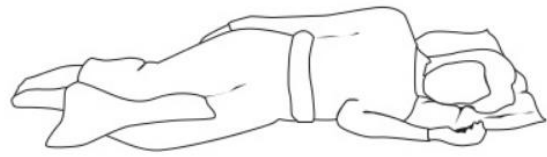
Sleeping Positions

Do not sleep on your stomach unless your doctor says it is okay.



When sleeping on your back, place a pillow under your knees. A pillow with neck support and a roll (towel or thin blanket) around the waist are also helpful.

Place a pillow between your knees when lying on your side. Use neck and waist support as needed.



Sitting in a Chair

You will be helped out of bed as soon as possible after surgery. The first step is from the bed to a chair.

- You will be allowed to sit in the chair for short amounts of time and increase the time as you feel comfortable.
- You will need to wear your brace if ordered if you are sitting in a chair.
- Sit in a stable chair with armrests.
- Avoid twisting or bending at the waist when sitting in the chair.



Getting Up from a Chair

- Scoot as close to the edge of the chair as possible.
- Place your feet firmly on the floor.
- Bend forward at the hips. Keep your back straight.
- Push off at the armrest while using your legs to stand.



Discharge from hospital

Going home

After their surgery, patients are typically released to their homes within a few hours. We only provide transportation home in extreme circumstances, so please make arrangements for a friend or relative to pick you up. You might be asked to wait in our discharge lounge before being picked up. It should be possible for you to ride in a car and to lie back in your seat if necessary. If you are travelling a long distance, we recommend that you get out and stretch your back on a frequent basis.

What's the best way to look after myself at home?

After your surgery, you may undoubtedly experience some anxiety about handling things at home. The following advice should be helpful, but before you leave for home, please ask if there is anything we have not addressed in this booklet.

You will need to take a break from work for around two to four weeks. For at least four weeks, refrain from doing any hard cleaning. Seek assistance from your friends and family for household chores like gardening, vacuuming, and grocery shopping. When you feel capable again, you can then progressively resume doing activities.

Bathroom activities/ bathing

- Showers are permitted if your wound site is covered with a waterproof dressing; no tub soaks until your wound is healed.
- Walk-in showers are preferred. If a shower is not available, you may sit at the sink to sponge bathe.
- Brace yourself on the wall using your hands and step into the bathtub.
- Do not bend over to wash your lower legs and feet. You may use a long-handled sponge to reach your feet.

Wound care

Your wound will usually be closed with either stitches/staples or with absorbable sutures. You will need to arrange an appointment with your GP practice nurse to have your stitches removed, this is usually 10-14 days after your operation. Please do not remove your wound dressing – unless it gets accidentally wet, you will be supplied with some spare dressings when you are discharged from hospital.

Please contact your GP or the Spinal Nursing Team if you have:

- redness around the wound
- wound leakage
- a high temperature

What tablets will I be given to take home?

You will be provided with a supply of painkillers to take home with you. This includes:

- Paracetamol
- Codeine – mild opioid-based painkillers which you can take alongside paracetamol if you are still in pain. Common side effects include drowsiness and constipation.
- Ibuprofen/ diclofenac – anti-inflammatory painkillers that can be taken for short time periods. These must be taken with food and can be taken alongside paracetamol, codeine.

Because codeine can cause constipation, we may give you laxatives such as senna, sodium docusate or lactulose.

Where can I get a sick certificate?

The hospital can provide you with a certificate for your hospital stay- please ask a member of your medical team. Your GP will provide any further certificates required after discharge home.

Follow-up appointment

You should be offered an appointment with the spinal specialist nursing team within 2-4 weeks of your discharge. If you have any queries before this appointment, please contact the secretary for your consultant's team. Please note that we only offer transport for appointments in exceptional circumstances.

Scar massage

Scar massage is one method of softening and flattening the scar formed after your operation. This can help with;

- Promoting collagen remodelling;
- Helping to decrease itching and tightness of the scar;
- Providing moisture and flexibility to the scar;

You should start massaging your scar two weeks after surgery. Wait until the sutures have been removed and all scabs have fallen off by themselves. Do not pull your scabs off. Use the pads of your fingers to massage the scar and tissue around the scar. Massage in all directions. Apply as much pressure as you can tolerate. Begin with light pressure and progress to firmer pressure using lotion. Massage should be done two to three times daily for ten minutes each time.

Exercises

The aims of your daily exercise programme are to:

- Maintain and improve your general mobility
- Improve your strength and fitness
- Help you to get back to normal activities.

You need to do the exercises on your separate sheet three times a day, if you feel comfortable. We recommend you do them for at least six months. They should not increase pain or symptoms such as numbness, pins and needles or weakness. But while you are exercising you may feel a little discomfort, stiffness, pulling or twinges of pain, which is normal after your operation.

We recommend you do some other types of exercise as well to help your back. Remedial pilates, yoga and gym ball classes are all suitable. If you join a gym, you must tell them that you have had surgery.

Recreational activities

Walking is a great activity to do after your surgery albeit on its own it is not enough. You should avoid activities involving

repetitive bending or twisting in the first 2-3 months. Sports should also be avoided until you can discuss them with your consultant during your follow-up appointment.

Driving

Sitting for prolonged periods is not advisable after your surgery, including driving a car. If you have no altered sensation or weakness in your legs then you may return to driving when you feel safe to do so, but don't travel long distances without taking regular breaks to stretch your legs. Please discuss driving with your surgeon before you leave hospital.

Household chores

Pushing and pulling objects greater than 5 lbs for the first 4-6 weeks after surgery is not recommended. If possible, always push rather than pull and remember to pace yourself and take frequent breaks. Proper body mechanics when pushing or pulling objects is important.

Please contact the spinal nurse specialist team if you have:

- Concerns with increased swelling around your wound or leaking onto the dressing.
- Significant pain not relieved by your pain medication.
- Worsening sensation or power in your legs different to before your operation.

Please contact your GP for:

- Removal of stitches/ clips and wound check 7-14 days post-surgery (unless otherwise advised).
- Sick certificates
- Further prescription of medication

Useful contacts

- **Blackberry clinic Croydon**
david.cornelius@blackberryclinic.co.uk
- **Harley Street**
enquiries@theharleystreethospital.co.uk
- **Personal**
Purnajyoti74@gmail.com

British Association for Spinal Surgery

<http://www.spinesurgeons.ac.uk/patients-area/patient-information/>

Psychological support

- Relaxation app: Headspace – downloadable app for smartphone
<https://www.headspace.com/>