

ELECTIVE NECK SURGERY

The usual length of stay for neck surgery is 1-2 nights. Please note this pathway may change depending on the specifics of your operation. The aim of surgery is to improve your arm pain. It is not an operation for neck pain.



PRIOR TO SURGERY	DAY OF OPERATION	DAY 1	DAY 2
<ul style="list-style-type: none"><input type="checkbox"/> Please ensure you pack to bring well fitting shoes, toiletries, loose fitting clothing, your usual walking aid, current medication and relevant scans<input type="checkbox"/> Please arrange someone to take you home after your operation and stay with you at home if required<input type="checkbox"/> If you are home alone and over 65 you may wish to contact My Aged Care on 1800 200 422 to arrange for services such as cleaning and shopping assistance after your operation<input type="checkbox"/> Please notify the surgical liaison nurse if your arm pain changes or goes away prior to surgery<input type="checkbox"/> You may wish to see a physiotherapist to optimise your fitness. You can talk to your GP about this.<input type="checkbox"/> It is recommended that you cease smoking prior to your operation	<p>Before your operation:</p> <ul style="list-style-type: none"><input type="checkbox"/> You will come in to the Day Procedure Centre Reception, 1st Level Main Hospital Building A <p>After your operation:</p> <ul style="list-style-type: none"><input type="checkbox"/> Ensure you inform your nurse if your pain is not controlled or you are feeling nauseous. You will have some neck pain post-operatively<input type="checkbox"/> You will walk with either a physiotherapist or a nurse. A physiotherapist will go over your movement restrictions with you<input type="checkbox"/> Inform your nurse if you are having any difficulties eating or drinking<input type="checkbox"/> A nurse will frequently assess the movement in your arms and legs as well as your heart rate, blood pressure, temperature etc.	<ul style="list-style-type: none"><input type="checkbox"/> Your drain tube and any intravenous lines will be removed<input type="checkbox"/> You will have an X-ray of your neck<input type="checkbox"/> You should have a shower and get dressed in your own clothes<input type="checkbox"/> You should aim to do regular short walks at least every 2 hours and sit out of bed for meals<input type="checkbox"/> You will take tablets to control your pain. Please make sure you ask for regular pain relief.<input type="checkbox"/> If you are walking well you may go home in the afternoon	<ul style="list-style-type: none"><input type="checkbox"/> Discharge time is 10am. Please confirm this with your nurse and designated driver<input type="checkbox"/> Pharmacy will give you your medications<input type="checkbox"/> You will be given a letter for your follow up appointment<input type="checkbox"/> Confirm dates for wound dressing changes with your nurse<input type="checkbox"/> Please refer to your education sheet for further explanation on care after spinal surgery<input type="checkbox"/> You may not feel 100% when you go home but will feel stronger each day

ELECTIVE MICRODISCECTOMY AND/OR LAMINECTOMY

The usual length of stay for a microdiscectomy is 1 night and laminectomy is 1-2 nights. Please note this pathway may change depending on the specifics of your operation. The aim of surgery is to improve your leg pain. It is not an operation for back pain.

PRIOR TO SURGERY

- Please ensure you pack to bring well fitting shoes, toiletries, loose fitting clothing, your usual walking aid, current medication and relevant scans
- Please arrange someone to take you home after your operation and stay with you at home if required
- If you are home alone and over 65 you may wish to contact My Aged Care on 1800 200 422 to arrange for services such as cleaning and shopping assistance after your operation
- Please notify the surgical liaison nurse if your leg pain changes or goes away prior to surgery
- You may wish to see a physiotherapist to optimise your fitness. You can talk to your GP about this.
- It is recommended that you cease smoking prior to your operation

DAY OF OPERATION

Before your operation:

- You will come in to the Day Procedure Centre Reception, 1st Level Main Hospital Building A

After your operation:

- Ensure you inform your nurse if your pain is not controlled or you are feeling nauseous. You will have some back pain post-operatively
- You will walk with either a physiotherapist or a nurse. A physiotherapist will go over your movement restrictions with you
- A nurse will frequently assess the movement in your arms and legs as well as your heart rate, blood pressure, temperature etc.

DAY 1

- Any intravenous lines will be removed
- You should have a shower and get dressed in your own clothes
- You should walk on your own and sit out of bed for breakfast
- You will take tablets to control your pain Please make sure you ask for regular pain relief.
- Discharge time is 10am. Please confirm this with your nurse and designated driver
- Pharmacy will give you your medications
- You will be given a letter for your follow up appointment
- Confirm dates for wound dressing changes with your nurse
- Please refer to your education sheet for further explanation on care after spinal surgery
- You may not feel 100% when you go home but will feel stronger each day

ELECTIVE LUMBAR FUSION

The usual length of stay for a lumbar fusion is 2-4 nights. Please note this pathway may change depending on the specifics of your operation. The aim of surgery is to improve your leg pain. It is not an operation for back pain.



PRIOR TO SURGERY	DAY OF OPERATION	DAY 1	DAY 2- DISCHARGE (D2-4)
<ul style="list-style-type: none"><input type="checkbox"/> Please ensure you pack to bring well fitting shoes, toiletries, loose fitting clothing, your usual walking aid, current medication and relevant scans<input type="checkbox"/> Please arrange someone to take you home after your operation and stay with you at home if required<input type="checkbox"/> If you are home alone and over 65 you may wish to contact My Aged Care on 1800 200 422 to arrange for services such as cleaning and shopping assistance after your operation<input type="checkbox"/> Please notify the surgical liaison nurse if your leg pain changes or goes away prior to surgery<input type="checkbox"/> You may wish to see a physiotherapist to optimise your fitness. You can talk to your GP about this.<input type="checkbox"/> It is recommended that you cease smoking prior to your operation	<p>Before your operation:</p> <ul style="list-style-type: none"><input type="checkbox"/> You will come in to the Day Procedure Centre Reception, 1st Level Main Hospital Building A <p>After your operation:</p> <ul style="list-style-type: none"><input type="checkbox"/> Ensure you inform your nurse if your pain is not controlled or you are feeling nauseous. You will have some back pain post-operatively<input type="checkbox"/> You will walk with either a physiotherapist or a nurse. A physiotherapist will go over your movement restrictions with you<input type="checkbox"/> A nurse will frequently assess the movement in your arms and legs as well as your heart rate, blood pressure, temperature etc.	<ul style="list-style-type: none"><input type="checkbox"/> Your drain tube and any intravenous lines will be removed<input type="checkbox"/> If you have a catheter this will be removed<input type="checkbox"/> You will have a scan of your back<input type="checkbox"/> You will take tablets to control your pain. Please make sure you ask for regular pain relief.<input type="checkbox"/> You will walk with a physiotherapist who will go through your post op restrictions with you<input type="checkbox"/> Let your nurse know if you are having difficulty using your bladder or bowels	<ul style="list-style-type: none"><input type="checkbox"/> You should aim to do regular short walks at least every 2 hours and sit out of bed for meals<input type="checkbox"/> If you are walking well you may go home from Day 2<input type="checkbox"/> Discharge time is 10am. Please confirm this with your nurse and designated driver<input type="checkbox"/> Pharmacy will give you your medications<input type="checkbox"/> You will be given a letter for your follow up appointment<input type="checkbox"/> Confirm dates for wound dressing changes with your nurse<input type="checkbox"/> Please refer to your education sheet for further explanation on care after spinal surgery<input type="checkbox"/> You may not feel 100% when you go home but will feel stronger each day