
After Your Back Operation

In the hospital

After surgery, you will begin moving around as soon as possible. You will begin walking and should walk as much as you can. You will go home when you can walk comfortably and void without problems. Most people go home the same day of surgery. Dr. Reddy will talk to you about your length of stay before surgery so you can make plans.

Some patients may have physiotherapy starting 1 or 2 weeks after surgery. If you are going to have physiotherapy, this will be arranged before you leave the hospital or you will be given prescription to arrange your physiotherapy closer to home.

The sutures will dissolve and do not have to be taken out unless you are told something else. You will remove the dressing 4 days after surgery. Call your family doctor or health care provider if your wound is red and weeping when the dressing comes off.

Activity at home

When you go home, you need to increase your activity each day. You may feel tired and sore, but keep it up. There is little you can do to cause serious damage. It is common to have back pain or leg pain off and on for the next few weeks. This usually improves in 4 to 5 weeks.

Follow these activity guidelines:

- Take baths for the first week.
- Keep on walking. Increase the distance you walk each day.
- To get something off the floor, lower one knee on the floor as you hold on to a counter or table to help yourself get up.
- You may sit for short periods and increase the time you sit as you feel more comfortable. Standing, walking and lying down are better for your back.
- You may drive when you are comfortable sitting. First, practise in a vacant parking lot to make sure you can manage driving, turning and going fast enough.

When to see Dr. Reddy again:

You will see Dr. Reddy in his office 8 weeks after your operation.

Dr. Reddy will then tell you when you can return to work.

When you get home, please call Dr. Reddy's office at 905-521-0061 to book your appointment if you have not been given an appointment when you are discharged.

If you have questions or concerns:

If you have any questions or concerns, contact:

- Dr. Reddy 905-521-0061 **or**
- your family doctor or health care provider

