

Post-Operative Instructions for Spinal Team – UHL (Elective)

(Please file at front of patient 'end of bed notes')

• Sutures/Drains

- Removal of:
 - Sutures days post-op
 - Steristrips days post-op
 - Clips days post-op
- Exudrain: x1 ; x2
 - Suction Gravity
 - Release
 - Remove 24hrs 48 hrs
 - Remove when drainage stops
 - Remove after team review

• Collar/Brace required:

- No brace or collar required
- Cervical orthosis, e.g. Aspen/Miami-J
- Soft-Collar
- CTO
- CTLSO (orthotist referral needed)
- Hyperextension TLSO
- TLSO
- LSO
- Soft corset

• Collar/Brace - Fitting Instructions:

- Not applicable
- To be fitted:
 - In recovery
 - On ward same day (after 6 hrs)
 - On ward next day
- Can mobilise prior to fitting by physio/orthotist: Yes No
- Brace/collar can be fitted in:
 - Lying
 - Sitting
 - Standing
- Collar/brace needed:
 - 24/7
 - For comfort only
 - Lying in bed
 - Sitting up in bed
 - In chair
 - When mobilising
 - At night for toileting
 - At night to use bedside commode
 - In shower

Addressograph

• DVT Prophylaxis

- Foot-pumps until mobile
- Compression stockings weeks
 - Full length Below knee
- Clexane

• Mobilisation

- No restrictions
- Restrictions
- Dural tear/repair Cord Issue
 - Bed rest for days weeks
 - Lie flat
 - Can sit up° -°
 - Other.....
- Can roll to:
 - LEFT (right side up)
 - RIGHT (left side up)
 - NEITHER (stays flat on back)

• Other

- Post-op bloods: FBC U+E
 - Day 1: Yes No
 - Other
- X-ray: Yes No
 - Routine before discharge
 - Prior to mobilisation
 - Brace/collar: On Off N/A
- Further Anti-biotics: Yes No
 - One dose Two doses
- Steroids: Yes No
- Neuro obs:
 - Hourly legs 6 hrs then 6 hourly
 - Hourly arms and legs 6hrs then 6 hourly
 - Other
- Wound FU wks at
- Clinic FU wks UHL UHW
 - XROA: Yes No

Surgeon's name..... Signature..... Date.....