
After Your Back Operation

Remember...

Bring your back corset to the hospital when you come to the hospital for surgery. You will begin to wear it right after the operation.

Most people go home the same day of surgery. Dr. Dunlop will talk to you about your length of stay before surgery so you can make plans.

You will wear your back support any time you are up and out of bed. Wear the back support under or over your clothes. You can decide which way feels more comfortable.

You will begin walking short distances and slowly increase your distance.

Before leaving the hospital, Dr. Dunlop will give you a prescription for pain control medication. There is a pharmacy in the main lobby of the hospital where you can fill this prescription if you wish.

Follow-up Appointments

Before you leave the hospital after surgery, you will be given some follow-up appointments:

1. You will need to have your wound checked and staples removed 1 week after surgery. You can go to your family doctor or health care provider to have this done. You need to call your family doctor or health care provider before surgery to arrange this.

You can have staples removed in the Fracture and Orthopaedic Clinic by the nurse. If your check is being done here, we will give you the appointment before you leave the hospital.

2. Everyone will be given an appointment to see Dr. Dunlop in the Fracture and Orthopaedic Clinic 6 weeks after the operation.

At Home

You need to increase your activity each day. You may feel tired and sore, but keep your activity up. There is little you can do to cause harm.

Wear your back support

Wear your back support when you are up. Most people wear the support for 6 weeks. Dr. Dunlop will tell you when to stop wearing your back support.

You do not need to wear the back support when you are:

- lying down
- having a shower
- getting up at night to go to the washroom

Walking

- Keep walking. Increase the distance you walk each day.
- Make sure you have your back support on when you are walking.

Bending, Lifting and Sitting

- To get something off of the floor, lower one knee on the floor as you hold onto a counter or table to help yourself get up.
- You can lift anything that does not make you stop talking to pick it up.
- You may sit for 15 to 20 minutes at any time. Increase the time you sit, as you feel more comfortable. Standing, walking and lying down are better for your back.

Driving

- You may drive when you are comfortable sitting. Practice in a vacant parking lot to make sure you can manage driving, turning, going fast enough and stopping.

Bathing

- Take showers and not baths until you see the doctor at your 6-week check-up.

Returning to Work

- You can ask about when you may return to work when you see Dr. Dunlop at your 6-week check-up.
- If you need physiotherapy, Dr. Dunlop prescribes this at your check-up.

Questions or Concerns:

If you have any questions or concerns contact:

- Dr. Dunlop at 905-521-5770 or your family doctor or health care provider
- The charge nurse in the Fracture and Orthopaedic Clinic at St Joseph's Hospital at 905-522-1155 ext. 33271