

What should be expected?

It is normal to experience pain and swelling after surgery. You have been prescribed medication to cope with post-operative pain. Consume your medication as prescribed if the pain affects your sleep, ability to perform your usual routine or participation in post-operative exercise.

You may experience muscle weakness or numbness immediately after surgery. Do not overestimate your abilities and take precautions.

How else can I manage my pain?

Cryotherapy (cold therapy)

The application of cryotherapy for about 20 minutes over the area of surgery can help with pain relief and reduction of swelling. It is advisable to use it at least 3 times a day after surgery.

What are the signs and symptoms that I need to be concerned with?

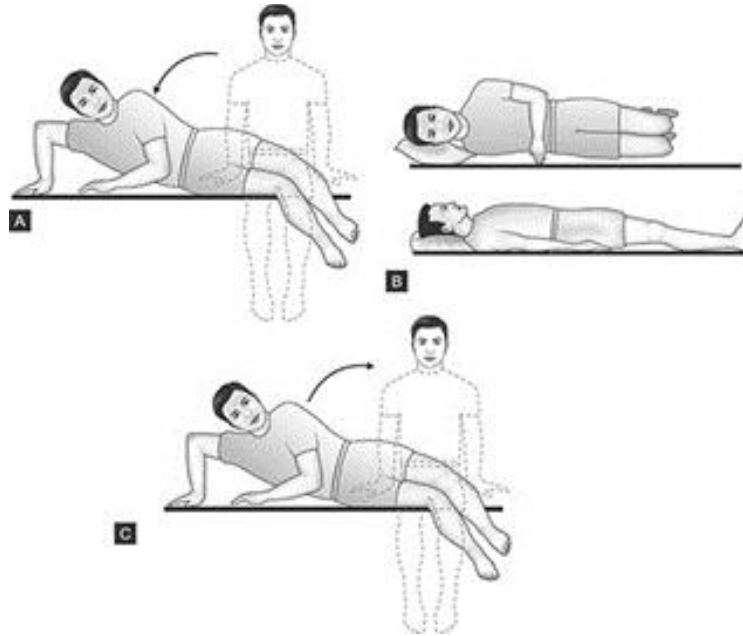


A rare but serious spinal condition, Cauda Equina Syndrome, can lead to permanent damage or disability and will need you to go to the emergency department immediately. Some of the warning signs are:

- Loss of feeling/pins and needles between your inner thighs or genitals
- Numbness in or around your back passage or buttocks
- Altered feeling when using toilet paper to wipe yourself
- Increasing difficulty when you try to urinate
- Increasing difficulty when you try to stop or control your flow of urine
- Loss of sensation when you pass urine or bowel motion
- Leaking urine or recent need to use pads
- Not knowing when your bladder is either full or empty
- Inability to stop a bowel movement or leaking

How should I be moving?

Getting up from bed and sitting over the edge of bed: To consider log rolling in the initial stage to manage the pain; otherwise as advised by your physiotherapists/ orthopaedic doctor.



Standing up from the chair: To consider supporting with your arms in the initial stage to reduce exertion; otherwise as advised by your physiotherapists/ orthopaedic doctor.



Physical activity after surgery
(*strike off inappropriate and tick those appropriate)

<input type="checkbox"/>	Walking is the best “exercise” after surgery and you need to walk DAILY. Do not engage in any other exercise until instructed by your doctor. You should be able to gradually increase your distance until you can walk about one kilometre within one to two months after surgery. Ladies avoid high heels for the first month after surgery.
<input type="checkbox"/>	You may be provided with an individualised exercise sheet to be performed after surgery. You should not be doing other exercises that are not prescribed by your post-operation physiotherapist/doctor.

Attending Physiotherapy after discharge from the hospital:

The medical team has scheduled you for an appointment with the outpatient physiotherapy department to continue with the next stage of your recovery. It is very important that you follow up to achieve the best outcome. Bring your exercise sheet along with this educational brochure on your initial visit.

If you have any queries, you can always seek advice from your physiotherapist/doctor during your outpatient appointment. In the meantime, it is important to follow this guide until you attend your outpatient physiotherapy appointment.



Contributed by Physiotherapy, Rehabilitation, Allied Health Services

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of December 2023 and subject to revision without prior notice.



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