

My Planned Care Patient Information Platform – Procedure Level Guidance

Orthopaedics - Spine lumbar discectomy / decompression and spinal injections

Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you are able to support yourself / stay healthy while waiting to attend the hospital.

If you are going to be admitted to hospital and need to stay overnight or longer then you are known as an “inpatient”. A hospital stay of one to three nights is called “short stay”; a stay longer than this is called “long stay”.

Procedure specific information

If you require further information about your procedure, please use the following link to review the designated patient leaflet from the national Spine Surgery Clinical team <https://spinesurgeons.ac.uk/Patient-Information>

Guidance for Patients

A few days before you are due to come to hospital, please read your admission letter. This letter will provide you with details of when you should come to hospital, which ward to go to, what you should bring with you and any specific instructions for you to do in the coming days.

Please follow the instructions on your admission letter, remembering not to eat or drink before your operation in the timescales requested. It is unwise to smoke or drink alcohol for at least 2 days before your operation if you are having an anaesthetic.

In the 3 days prior to your operation: if you have a cough, cold or high temperature or are concerned you may have been exposed to a virus like COVID or seasonal flu or an infection such as chickenpox, measles, mumps or rubella or and are not sure whether you should come in, please telephone the number on your admission letter for advice.

What can I do to help make the operation a success?

- If you smoke, stopping smoking now may reduce your risk of development complications and will improve your long-term health.
- Try to maintain a healthy weight. You have a higher risk of developing complications if you are overweight.
- Regular exercise should help to prepare you for the operation, help you to recover and improve your long-term health. Do not do exercises that involve heavy lifting or make your hernia painful. Before you start exercising, ask the healthcare team or your GP for advice.
- In the week before the operation, do not shave or wax the area where a cut is likely to be made.
- Try to have a bath or shower either the day before or on the day of the operation.
- If you are diabetic, keep your blood sugar levels under control around the time of your procedure.

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Visiting arrangements for adult and children’s wards

Information for patients and visitors when coming to Kettering General Hospital can be found via this link
<https://www.kgh.nhs.uk/visiting-times-and-telephone-numbers->

Consent and Decision Making

Consent’ is a patient’s agreement for a health professional to provide care. You may consent verbally or non-verbally (for example by presenting your arm to have your pulse or blood pressure taken or in writing).

Further information on consent and what you have the right to expect is available on the Department of Health website <https://www.gov.uk/government/organisations/department-of-health-and-social-care>

You have a right to withdraw from treatment at any time, even after you have signed a form. It is your decision. Please ask as many questions as you like if you have any concerns.

What should I do if my health is deteriorating?

If your health should deteriorate or your condition changes whilst waiting for surgery, then please contact our main switchboard on 01536 492000 and ask for the relevant department or Consultant that has planned your care or is managing your care.

For urgent health advice about physical or mental health, when it’s not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk or the NHS 111 service is available 24 hours a day, seven days a week.

General Information for all patients

As a user of our services at Kettering General Hospital, either as an inpatient or day case (in a hospital ward) or an outpatient (coming to one of our clinics for a consultation or treatment), you may find the following information useful. <https://www.kgh.nhs.uk/i-am-a-patient>

Contact Us

Main Switchboard 01536 492000