

## Spinal Surgery - Primary Posterior Decompression of the Lumbar Spine

### Introduction

While you are waiting for surgery, there are some things you can do to prepare and to keep yourself as healthy as possible.

### Guidance for Patients

There are three main things you can keep in mind:

1. Keep as active as possible – discomfort in your back and leg can of course make this more difficult, but keeping your joints moving little and often, helps reduce stiffness and prevents your condition worsening. Even at this stage, you can improve and now is a good time to practice the exercises that you will restart after your operation to help you recover.
2. Keep on managing your body weight –being overweight contributes to back and leg pain. Do your best to watch what you eat and manage your portion sizes.
3. Keep on top of your other health problems – it can be harder to cope with pain if you have other health problems, so make sure you are managing these other problems as best as you can.

### What should I do if my health is deteriorating?

If any other health problems, such as diabetes, high blood pressure or depression are getting worse, we would suggest you make an appointment to see your GP so that these problems can be addressed prior to your surgery

If you feel your symptoms are getting worse or being able to do day to day tasks is deteriorating please contact your surgical team and let them know about what is going on. They may want to re-assess options with you and may be able to offer advice.

Although very rare, if you develop any of the symptoms listed below whilst waiting for your operation you should contact your surgical team immediately:

- Difficulty passing urine or having the sensation to pass water that is not there
- Numbness / tingling in your genitals or buttocks area
- Loss of bladder or bowel control
- Impaired sexual function, such as loss of sensation during intercourse
- Loss of power in your legs

## My Planned Care Patient Information Platform

- If you are experiencing pain that runs down the back of both legs

### Contact Us

Individual Spinal Surgeons can be contacted directly from the information to be found here

<https://roh.nhs.uk/about-us/our-team/category/spinal-services>

0121 685 4000