



Lumbar Laminectomy Discectomy & Fusion

Kaiser Permanente

PRIOR TO ADMISSION

- Ensure that you have a caretaker to assist you at home.
 - Ensure that someone picks you up prior to 11 a.m. on day of discharge.
 - Start short-term disability papers. Call Business Office, Medical Secretaries for assistance at (650) 299-3262.
 - Come to the Admitting Office on the 1st floor of the hospital.
-
-
-

BEFORE SURGERY

Your neurosurgeon will explain your diagnosis, risks, and benefits of surgery. Usually patients are admitted to the hospital the morning of surgery. Please go directly to the Admitting Office, 1st floor. From there, you will go to the AM Admit unit where nurses will prepare you for surgery.

In order to have surgery, you must follow these instructions:

- After midnight **do not** have food or liquid.
- You may have a sip of water to take any medications approved by your doctor or nurse.
- Bring a list to the hospital of the medications you take at home, but **do not** bring the medications themselves.
- Follow nurse instructions about shampoo/shower prior to surgery.

Surgery may be cancelled if you eat or drink anything, so please follow the instructions carefully.

Anesthesia

An anesthesiologist will interview you and discuss the anesthesia that will be used during your surgery.

AFTER SURGERY

You will be taken to the recovery room to be monitored. From there, you will be transferred to a room on the neurosurgical floor. When you wake up after surgery, you may find you have the following medical devices:

Medical device

IV (Intravenous Fluids)

Reason

To deliver medication and fluids into your body until you are able to drink

Medical device

Urinary catheter

Reason

To drain your bladder if you have difficulty urinating after surgery

Medical device

Sequential Compression Device

Reason

To prevent blood clotting of your legs



Lumbar Laminectomy Discectomy & Fusion

Kaiser Permanente

Medical device

Incision drain

Reason

To help drain fluid and blood from incision

Medical device

Bandages/dressing

Reason

To cover and protect incision

Medications

It is normal to have some discomfort after surgery. Your doctor will order the necessary medications to relieve pain. Let your nurse know when you are experiencing discomfort, as your pain medication will be given on an “as needed” basis. Since you are the best judge of how much pain you have, we are using a pain scale to help you describe it. Below, you will find the pain scale with which we would like you to familiarize yourself:

- 0 No Pain
- 1–3 Mild/Functional

This information is not intended to diagnose or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse any brand name; any similar products may be used.

- 4–7 Moderate/Uncomfortable
- 8–10 Severe/Unbearable

Vital Signs

Your nurse will check your temperature, pulse, blood pressure, and breathing regularly. Your nurse will also evaluate the strength and sensation of your extremities.

Mobility

Your nurse will help you to turn and to get out of bed as permitted by your neurosurgeon. Do not get out of bed yourself. Side rails will be left up to help you change positions and for your safety.

Bowel Care

Pain medications can be constipating. Be sure to eat plenty of fruits and vegetables and drink adequate amounts of fluids each day in order to avoid this problem. Using an over-the-counter stool softener might also be helpful.

Hygiene

Once your dressing is removed, you may shower as directed by your physician.

Sutures or Staples (if present)

Your nurse will remove your dressing and arrange for suture removal at your local Kaiser Permanente facility before discharge. Sutures are usually removed 7 to 10 days after your surgery.

Additional Resources

PLEASE REMEMBER, if you have any questions, or concerns, call Neurosurgical Clinic at:

(650) 299-2290

The Advice Line is open 22 hours a day.

(Closed from 8–9 a.m. and 12:30–1:30 p.m.)