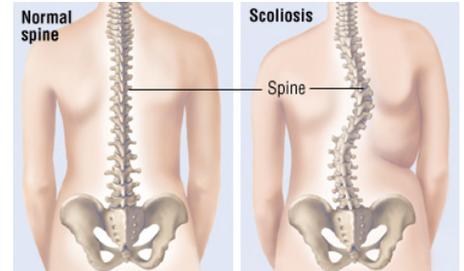


# Posterior Correction

## What is scoliosis?

A scoliosis is an abnormal curvature of the spine (back bones). A scoliosis can develop for a number of reasons and varies enormously in severity between individuals. There are many different types of scoliosis based on age and the type of curve. A curve can develop at any part of the spine and can be either a single or multiple curves resulting in a 'C' or 'S' shape when looking from behind.



## Why am I having surgery?

Surgery is only indicated in scoliosis when your curve becomes more severe or it has a significant effect on your day to day functioning. There are several different types of operation that can be considered to correct your curve and these will be discussed with you by your consultant.

## What happens during surgery?

During your corrective surgery your surgeon will make an incision (cut) through the skin and muscles over your back. Your consultant will then straighten your spine as much as it is safely possible to do so and a series of metal rods, screws and hooks will be inserted to hold the correction whilst your bones heal.

## What should I expect after my surgery?

### Mobilisation

You will be seen by the physiotherapists the day after your surgery. They will check that your legs are working normally following your surgery and that your chest (breathing) is OK. You will be allowed to start sitting up and standing with the assistance of the physiotherapists the day after your surgery. You will be shown how to safely get in and out of bed by 'log-rolling' to protect your spine and you will be assisted to start walking and sitting out in a chair. By the time you go home you will be walking around the ward on your own. You will also be shown how to get up and down stairs safely.

### Breathing exercises

Due to the length of your anaesthetic and the location of surgery you will be required to complete breathing exercises. This is to make sure that you do not develop any complications with your chest such as infections. You will need to complete these exercises regularly whilst you are in hospital and once you go home.

### Other exercises

You will not be given any specific exercises for your back as it is essential that the bones heal properly. You are advised not to complete any form of bending, lifting or twisting for 6 weeks after your surgery. After this time you will be guided by your consultant. At home it is important that you gradually increase how much you are walking around, continue with your breathing and arm exercises and complete any postural advice that you may have been given by your physiotherapist on the ward.



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### **Pain relief**

You will normally have an epidural for pain relief after your surgery. This can make parts of your legs feel a bit numb after your operation. Due to the nature of your surgery it is expected that you will experience some pain afterwards. You will be provided with some painkillers to help with this. It is important to take these as prescribed to keep pain to a minimum and allow you to mobilise.

### **Caring for yourself**

It is important that you start to complete your normal daily routine as soon as possible after your surgery. It is expected that you will need some assistance from the nursing staff to begin with however by the time you go home you should be able to get in/out of bed and care for yourself as you would normally do so. You will have been assessed by the occupational Therapist for any additional equipment that you may need to make things easier at home.

### **Wound care**

Your wounds will need to be kept clean and dry. The nursing staff will provide you with more information about wound care on discharge.

### **Driving and work**

You should not drive or work following your surgery. This is usually for 6 weeks until you come back to your clinic appointment and are seen by one of the consultants.

### **Leisure and sport**

You will not be allowed to complete any form of leisure or sporting activities for several months following your surgery. Your consultant or physiotherapist on the ward can advise you further on this.

If you have any questions or need any advice about your exercises then please contact the Physiotherapy Department between 8am - 4pm Monday to Friday on 0121 685 4120.

### **Instructions for after your surgery:**