

SPINE SURGERY PRE-OPERATIVE INSTRUCTIONS

PRE-OPERATIVE TESTING

Prior to your surgery, your **Primary Care Physician** may perform what's known as a **pre-operative clearance**. As part of this, he/she will review your medical history and ask about anything that could adversely affect the outcome of the surgery, including existing medical conditions and allergies. You may also undergo laboratory tests, particularly if you have other medical conditions or problems. These may include blood tests, an electrocardiogram or EKG, and a chest X-ray.

Your blood tests should be done **within 14 days** of your surgery date. The results must be sent to our office **no later than 5 days** before your surgery date. They can fax the results to our office at (855-296-3292).

SMOKING

You must quit smoking immediately. This is especially true for patients having a fusion since smoking impairs the body's ability to form new bone. Please let us know if you need assistance with this. You can purchase nicotine patches over-the-counter and we can prescribe Zyban (Wellbutrin) to help you quit. The sooner you do this, the better off your lungs will be during and after surgery.

MEDICATIONS

To minimize the risk of excessive bleeding during and after surgery, discontinue all aspirin-containing medications and non-steroidal anti-inflammatory drugs (NSAIDs; ibuprofen, Celebrex, Vioxx, etc.) at least one week prior to your surgery.

Take all of your routine medications the morning of surgery with a sip of water. The only exceptions are:

- Aspirin-containing medications
- NSAIDs
- Blood-thinners such as coumadin, Plavix, Ticlid, persantine, etc.
- Diabetic medications such as insulin, Glucotrol, Glucophage, etc.

Bring to the hospital a detailed list of the medications that you are taking as well as their dosages.

We will provide you with your post-op pain medication before surgery. If not, be sure to ask so that there will be no delay in obtaining your medications once you are discharged from the hospital.

General Pre-operative Guidelines

1. NOTHING TO EAT OR DRINK AFTER MIDNIGHT PRIOR TO ADMISSION.
2. Shower ALL OVER (with particular attention to your anticipated operative region) with the ANTISEPTIC SOAP **HIBICLENS** which you will get from the hospital before admission. You need not wash your hair with this soap although you may do so.
3. Please provide a good contact number to our office staff since this will be given to the hospital who will call you the night before surgery to confirm where and when to come. Please be available and feel free to ask any questions. **PLAN ON ARRIVING SEVERAL HOURS BEFORE THE ACTUAL OPERATION TIME FOR TESTING AND PREPARATION.**
4. You will be given long white elastic stockings. This is to keep blood from clotting in your legs while you are asleep. Put them on just before you go to the Operating Room.
5. You will be given some preoperative medication to assist in helping you to relax. Just before the nurse offers this medicine, GO TO THE RESTROOM AND EMPTY YOUR BLADDER. For most smaller operations we do not place a urinary catheter, but for larger operations it is often necessary.
6. Accompanying family members/friends may go to the operating area with you. They will be shown the way to the Surgical Waiting Room. We will update them during and after the operation.
7. Prior to going to your patient room, you will be observed for several hours in the recovery area. For patients who undergo outpatient surgery, we will observe you for several hours prior to discharge.
8. PAIN MEDICINE will be provided to you after surgery. The strength of the medication will vary depending on your degree of pain. This can range from injectable narcotics down to "Tylenol" and other medications of intermediate strengths. TAKE ONLY WHAT YOU NEED TO BE COMFORTABLE. Injectable narcotics will put you to sleep rendering you less able to deep breath and blow off the residual anesthetic agents. Your nurse will help guide you towards the optimal choices.

