

Preparing for your spine surgery

Preparing Your Home

Before coming to the hospital, you can do some things to prepare your home to make your recovery easier, such as:

- Place the telephone in a convenient area, such as near the bed or chair.
- Prepare food or purchase easy-to-prepare foods before you come to the hospital.
- Identify a person who will be able to help you with shopping and other chores.
- Move food and cooking utensils to easily reachable counter tops to avoid bending.
- Place shoes, clothing and toiletries at a height where you can reach them without excessive bending.
- Remove or secure any throw rugs so you won't trip over them.
- Think about what changes you'll make if you need to stay on one floor.

Equipment Needs

Bracing spine surgery and fusions

You will be fitted and given a cervical collar or lumbar brace at the time of your hospitalization for a discectomy or fusion procedure. Your surgeon rarely uses anything more than a soft foam collar on the neck to be worn simply for your comfort, however it is sometimes necessary to place you in a more rigid collar to help with the fusion that may be required to be worn at all times. If the cervical brace is required at all times, this will be disclosed to you by your surgeon, otherwise it may be worn as needed. Lumbar braces are provided for all lumbar discectomy/decompressions and fusion operations and given to you prior to discharge. You may wear this for comfort purposes and to ensure proper body mechanics. There are also more rigid braces that can be prescribed after a fusion surgery for your lumbar. If this is the case this will be discussed with you prior to your discharge from the hospital with instructions.

Transportation Home

You may travel home safely from the hospital by car, either reclining slightly in the front passenger seat or lying down in the back seat. Given the effects of anesthesia and pain medications, you will not be allowed to drive yourself home. In general, you must arrange for your own transportation home. Once you are home, we recommend that you do not drive long distances. You may be a passenger in the car, but avoid driving long distances for a few weeks. Furthermore, you should be cautious while driving when using a cervical collar or on medication. If the car trip turns out to be a long one, take a break to stand, walk, and stretch as needed. This often eliminates the stiffness and pain which may occur from sitting in one position for too long a period of time. If you have any specific questions about driving, please give us a call.

Medication

Please stop taking aspirin seven days prior to your surgery and non-steroidal anti-inflammatory medicines (NSAIDs), such as Ibuprofen, Voltaren, Celebrex, or Indocin, five days before your surgery. If you take vitamin E capsules, you should also discontinue this five days before surgery. Blood thinners such as Coumadin, Warfarin, or Plavix will also need discontinued for surgery, but this will be at the recommendation of your prescribing

physician. If you aren't sure which of your medications are needed to be stopped, check with your doctor. You may take extra strength Tylenol for pain relief or any prescription pain pill up until the day before surgery. On the day of surgery, please bring a list of your routine medications with doses and when you take them, with you to the hospital (or you could bring the bottles just in case).

Medical Doctor

Your surgeon may ask you to visit a medical doctor to be sure you have no major unidentified health problems that could interfere with your surgery. The medical doctor may be your family physician or an internist who works frequently in conjunction with the doctors. It is important to determine your health status prior to surgery and to continue your care after surgery.

Preadmission Testing and Evaluation

As part of the routine preparation for surgery, you will schedule an appointment for you to have a preadmission evaluation at the hospital, which may include some or all of the following:

- Pre registration for surgery
- Anesthesia interview
- Blood and urine tests
- Electrocardiogram (EKG)

The Evening Before Your Surgery

It is important that you do not eat or drink anything after midnight the night before your surgery. You are allowed to take your usual medication on the morning of surgery with a small sip of water. A good tip is to also remove your rings, including wedding bands, the night before surgery, as your fingers maybe swollen in the morning making them difficult to remove.

What to Bring to the Hospital

For your comfort, you will want to bring your own toiletries to the hospital. Also pack underwear and comfortable, loose pajamas or nightgown. You may also want to bring a robe (not floor length), and slippers or soft, low-heeled shoes with closed backs, such as sneakers, walking shoes or loafers. Please do not bring any valuables to the hospital. If you have equipment such as a walker, commode or long handled grabbers, you may want to have someone bring them in for you after surgery. If you do bring your own equipment to the hospital, please label the items with your name.

What to Expect in the Hospital Morning of Your Surgery

The morning of surgery you are asked to report to the patient registration area**, to be checked in for your surgery. One visitor may accompany you on the morning of your surgery to stay with you while you are in the holding area. To prepare for surgery, the nurse will ask you to remove your clothing (including underwear and socks) and to put on a hospital gown. In addition, you should remove any contact lenses, dentures, wigs, hairpins, jewelry, or artificial limbs. Please give these and other personal belongings to your visitors to hold while you are in surgery and until you are in your assigned room. If you are by yourself a bag for your belongings will be provided to you and your personal belongings will stay with you on

your stretcher. You may be asked to go to the bathroom to empty your bladder prior to surgery, however if you are having a larger fusion procedure, a catheter will be placed once you are asleep in the operating room. Before entering the operating room, an anesthesiologist will ask you a few questions and a nurse will begin an intravenous (IV) line in your arm. Antibiotics will be started intravenously and continued after the operation to help decrease the risk of infection. Once you have seen your surgeon, he will place a mark over the area in which will be operated on, a sedative will be given and we will transport you to the operating room on a stretcher. At that time, the nurse will direct your visitors to the surgical family waiting area where they can wait during your surgery. When the surgery is over, your doctor will speak with your visitors there. Once you are in the operating room, you will be given the anesthesia that you and the anesthesiologist have discussed. The sights and sounds which seem unfamiliar to you are just part of the routine. If you have specific questions, the nursing staff there will be happy to answer them. Your surgery may take several hours. This period includes the skin preparation, positioning and anesthesia time, in addition to the surgery itself. After your surgery is done, you will be taken to the post-anesthesia care unit (PACU) or recovery room to awaken from your anesthesia. This usually takes an hour or so. There, the nurse will frequently check your vital signs (heart rate, blood pressure, temperature and respiratory rate). A surgical team member will tell your family when the surgery is over and the doctor will sit with them to discuss the findings. Usually the surgeon explains the same thing to you, but the anesthesia effects make it difficult to remember what is said.