

## PATIENT PREPARATION FOR SPINE SURGERY

Please take the time to read these instructions carefully, so that you are prepared for surgery. The night before surgery, you are instructed not to eat or drink anything after midnight. **NOTE: FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN YOUR SURGERY BEING CANCELLED OR POSTPONED.**

### PRIOR TO SURGERY INSTRUCTIONS

1. Your surgeon will instruct you on the need to see your Internist for medical clearance. Medical clearance is generally for patients over 55 years of age. You should expect to have a physical exam at your pre-operative appointment which is usually the business day before your surgery. Please have the facility fax any pre-operative results to San Francisco Orthopaedic Surgeons. Fax: (415) 750-8103
2. If you are taking a blood thinner, i.e., Coumadin or Plavix, notify your prescribing physician immediately that you will be having surgery as the medication will have to be reversed or stopped.
3. **DISCONTINUE ALL SMOKING AND TOBACCO USE (cigarettes, cigars, etc).**
4. Please inform your surgeon if you drink alcohol daily.
5. **DO NOT** have manicures/pedicures for a minimum of 2 weeks pre-operatively and until 6 weeks post-operatively.
6. **STOP TEN DAYS** before surgery:  
Any of the attached listed medications, all aspirin or aspirin containing products, all anti-inflammatory medications. **CHECK WITH PRESCRIBING PHYSICIAN PRIOR TO DISCONTINUING THEM. PLEASE CALL THE CLINICAL COORDINATOR AND/OR THE DOCTOR WHO PRESCRIBED YOUR MEDICATION TO DISCONTINUE SAFELY.**

**CONSULT THE ATTACHED "MEDICATION GUIDELINES" FOR A LISTING OF MEDICATIONS.**

7. Bring to the Hospital: \_\_\_\_\_ comfortable walking shoes  
\_\_\_\_\_ loose fitting clothes (front opening)  
\_\_\_\_\_ corset or brace if you have one from your doctor.

## **ADMISSION**

You will be admitted to the hospital on the day of your surgery, unless otherwise notified. Back surgery itself averages one to four hours depending on the type of surgery and the extent of work required. After surgery, when medically cleared, you will be brought back to your room. You may have three or four tubes in you: an IV line for fluids and medications, a urinary catheter and a drain which removes the excess fluids from your surgical site. These tubes are usually removed by a nurse or doctor within 24 – 48 hours after surgery. You will also be instructed on exercises, dressing, your home program, etc.

## **DISCHARGE**

When you leave the hospital, you will need a car in which you can recline to at least 45 degrees. Bring pillows to use for any additional support. You may require a cane or a walker to help you walk. Try to arrange for someone to come and stay with you for at least the first two weeks or longer if possible. You may have someone come and help you out each day for a few hours to assist with shopping, cleaning, cooking, etc., or you may cook and freeze meals ahead of time. Remember, you just had surgery and you will not be able to do all of the things that you would like to do, or think that you should do. This will vary depending on your surgical procedure. During the first month, your movements and ability to lift and carry things may be greatly reduced. If you need to rearrange closets, cupboards, etc., so that things are readily accessible, do it now, before surgery.

**DRIVING IS PROHIBITED UNTIL YOUR SURGEON GIVES YOU PERMISSION TO DO SO.** This will most likely occur at your one month check-up.

You must arrange for transportation to take you home, preferably in a four-door vehicle, in a RECLINING position in a front seat. **THE HOSPITAL DOES NOT PROVIDE TRANSPORTATION HOME.**

- Dr. K. Hsu, Dr. D. Kondrashov, and Dr. J. Zucherman

## SPINE SURGERY MEDICATION GUIDELINES

This medication list provides some **guidelines**, if you have other questions, contact your primary care physician.

- Patients taking blood thinning products **MUST** call their physician before stopping blood thinners.
- Blood- thinning products including **COUMADIN, PERSANTINE, PLAVIX AND LOVENOX**, must be stopped **7 DAYS** before procedure. **Do not stop** these medications without consulting your primary care physician.
- **7 DAYS** before procedure stop taking these and all **aspirin-containing drugs**:

Alka-Seltzer	Fiorinal
Darvon Compound	Percodan
Damason-P	Soma Compound
Darvon with aspirin	

- **7 DAYS** before procedure, stop taking these and all **non-steroidal anti-inflammatories**:

Advil	Indocin	Nuprin
Aleve	Indocid	Orudis
Bextra	Lodine	Rufen
Celebrex	Medipren	Tandearil
Clinoril	Midol	Tolectin
Daypro	Motrin	Toradol
Dolobid	Nalfon	Voltaren
Ibuprofen	Naprosyn	

- Some examples of products containing **ASPIRIN**:

Anacin	Ecotrin
Ancasal	Empirin
Aspergum	Excedrin
Bayer	Measurin
Bufferin	Zorprin
Easprin	

**YOU MAY TAKE** Darvocet, Darvon , Mobic **without** aspirin, Percocet, Percogesic, Soma, Tylenol, Ultram, Vicodin, Lortab, or Norco.