



St. Mary's Spine Center
One Shrader Street, Suite 450
San Francisco, CA 94117
415-750-5570

Bone Health Prescription For Spinal Fusion Optimization and Fracture Healing

Patient's name _____

Vitamin D

It is essential for proper calcium metabolism and bone/ fusion healing

2,000 IU daily 5,000 IU daily 10,000 IU daily

Calcium Citrate 2,000 mg daily

Calcium is the main non-organic component of bone

Stop Ant-inflammatory medications (NSAID's: Ibuprofen, Advil, Motrin, Alleve, Naproxen, Celebrex, Mobic, Voltaren, etc.)

By interfering with inflammation – the first step and bone healing – they slow or block fracture/ fusion healing

Stop Antacids/ Proton Pump Inhibitors (such as Pepcid, Protonix, Nexium, etc.) By interfering with stomach acidity, they disrupt calcium metabolism and may result in bone fragility, osteoporosis and fractures. Taking Tums, Mylanta, Maalox or Gaviscon would be a safer alternative.

Signature _____

Date _____

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Refills 1 2 3 4 5
Dispense 1 2 3 4 5 months supply