

DATE OF SURGERY:

DUE TO THE NATURE OF THE PRACTICE, THERE IS ALWAYS THE POSSIBILITY OF SURGERY DATES BEING RESCHEDULED TO ACCOMMODATE EMERGENCIES.

Insurance:

Our office will call your insurance carrier to pre-certify your surgery. We strongly advise that you call your insurance carrier to determine your benefits and responsibilities

PRE-ADMISSION TESTING:

Pre-admission testing is required for surgery and will be performed within 30 days of your surgery date. Pre-Admission testing consists of blood and urine tests, possible chest x-ray and EKG and a pregnancy test for women of childbearing age.

Please bring a complete list of all your medications. Include prescription, over the counter, vitamins, supplements and herbals.

MEDICAL CLEARANCE/MEDICATIONS:

On pre-admission testing day, an Internist will see you to be medically cleared for surgery. The Internist will do a brief physical and review your lab results. Any patient using **anticoagulants** such as **Coumadin, Plavix** or **Lovenox** must speak to his/her internist and/or cardiologist for specific instructions for discontinuing prior to surgery. All patients **MUST** be completely off this medication prior to surgery.

Patients taking **325mg aspirin** or **aspirin derivatives** or **non-steroidal anti-inflammatories** (Advil, Motrin, Aleve, Naprosyn, Celebrex, Mobic, generic Ibuprofen) **MUST** be completely off this medication 5 days prior to surgery. Baby aspirin (81mg) may be continued up until the day of surgery. Narcotic pain medications (Percocet, Vicodin, Norco, Hydrocodone, Oxycodone) may be continued up until day of surgery.

Patients taking hormone replacement therapy (**HRT**) or **fish oil** should be off these prior to surgery.

Any questions you have regarding any medications that you are taking, will be addressed by the Internist. Please remember to inform him/her of all medications you are taking.

You must stop smoking 6 weeks prior to surgery.

CONSENT FORMS:

You will meet with one of our staff members. You will be asked to sign your consent forms for the procedure. Please bring any x-rays and/or CDs that we have not been given previously at this time.

BRACE/COLLAR:

You can be measured in our office for your lumbar corset, brace or cervical collars, if ordered, by your surgeon or physician extender. The vendor is "Complete Medical Products". This vendor is not part of our medical practice and their service and product is being made available as a convenience to our patients. It is important that you understand that you are under no obligation to obtain your brace/collar from "Complete Medical Products" and may purchase from another vendor. "Complete Medical Products" will discuss the charges associated with the brace/collar at the time of visit.

SPINE CLASS:

This is an optional program which is held on Tuesday, Thursday and Friday at 9:00am only. Please advise the surgical coordinator if you would like to attend. The information is also available online at www.hss.edu, patient and visitor information, patient education.

PRIVATE DUTY NURSING:

Private duty nursing may be arranged by calling the Nursing Office at **212 774-7187**. We cannot arrange this for you.

GUEST LODGING:

If you require lodging, the following facilities are nearby:

The Belaire Guest Facility	525 East 71 st Street	212 606-1989
The Helmsley Medical Tower	1320 York Ave & 70 th St	212 472-8400
The Bentley Hotel	500 East 62 nd St & York Ave	212 644-6000
The Carlyle Hotel	35 East 76 th St & Madison Ave	212 744-1600

(Additional accommodations can be found on line at www.hss.edu)

INSTRUCTIONS FOR THE DAY BEFORE SURGERY:

- 1.) A nurse from the Call Center will contact you ***after 2 pm, the business day prior*** to surgery with instructions. He/She will inform you of the time to arrive at the hospital and where to go. You may call 212 606-1630 at any time to hear a pre-recorded message giving pre-op information.
- 2.) You may follow a regular diet the day before surgery. No solid food after midnight, clear fluids only.
- 3.) **All jewelry and piercings must be removed.** If you are unable to remove your rings yourself, please have them removed for you prior to your surgery date. If not removed, your surgery may be cancelled.
- 4.) What To Bring With You:
Any radiographic films/CDs still in your possession.
Brace, Corset or Collar.
Wear what you will go home in to the hospital on day of surgery.

INSTRUCTIONS FOR FAMILY MEMBERS AND FRIENDS:

On the day of surgery family members may wait in the Family Atrium (4th floor) of the same day surgery unit at The Hospital for Special Surgery. Please instruct your family members to bring their patience with them when waiting. Delays and changes do occur in the operating room, which cannot be controlled or monitored by the office. Due to the nature of spine surgery, it is not unusual for post-op patients to stay overnight in the recovery room. Family members may visit patients in the recovery room/PACU at specifically posted times. We realize that having a loved one undergo spinal surgery is cause for anxiety, but please know that we do our best to give our patients the best quality care.

POST-OPERATIVE INSTRUCTIONS:

- 1.) Sutures:
 - ☛ If you have non-absorbable sutures, they should be removed two weeks after surgery by your primary care physician, visiting nurse or you can call our office to arrange for an appointment.
 - ☛ If you have absorbable sutures: They do NOT need to be removed.

- 2.) Your first post-operative visit for lumbar surgery will be approximately six weeks following surgery; cervical surgery will be approximately four weeks. This appointment will be scheduled for you. If a fusion has been performed, a physician's assistant/nurse practitioner will see you for your first visit. X-rays will be necessary. The second visit will be with your surgeon.
- ☞ Do NOT drive or operate machinery until advised to do so by your doctor.
 - ☞ Do NOT engage in sports, heavy work, or heavy lifting until you are given permission.
 - ☞ When taking pain medication, BE CAREFUL as you walk, drive, or climb stairs. Dizziness is not unusual. **Fusion patients: Do not take anti-inflammatories** (ie: Advil, Motrin, Aleve, Naprosyn, Celebrex) as it will inhibit the fusion. Tylenol may be used.
 - ☞ If you did not receive your brace, corset or collar prior to surgery admission date, please make sure you are given one prior to being discharged.
 - ☞ Gauze dressing may be changed once you are home and should be changed on a daily basis until your sutures and/or steri-strips are removed at the 2 week post-op mark. The hospital staff will provide you with extra dressings.
 - ☞ NO tub baths. You may shower 5 days after your surgery. Do not remove the steri-strips. Should one become loose or start to fall off, you may remove it gently and cleanse the incision area with hydrogen peroxide.
 - ☞ Remember, some pain and numbness is normal—even pain that is similar in nature to your pre-operative symptoms. Notify the office if you have a fever.
 - ☞ **The hospital will give you written discharge instructions.** Please ask for them if they are not given to you.