



Spine Surgery Patient Guide:

Your Path to Wellness

Welcome!

Your decision to have your spine surgery performed by a Total Orthopedics expert surgeon provides you with a unique opportunity to partner with your doctor and the other healthcare professionals who will be part of your successful surgical recovery.

At the Total Orthopedics Spine Center, our doctors and staff are trained to address your unique needs. Our multidisciplinary team has created a “pathway” that will guide you every step of the way, including preoperative preparation and education, coordination of hospital care and postoperative recovery. Your pathway begins with an educational session for you and anyone else who will be assisting you through your surgical preparation and recovery. This will take place either in one of our offices or in the comfort of your own home via video meeting.



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IMPORTANT!

This guide is designed to provide you with important information that will guide you through the surgical process. Your active involvement is very important. We look forward to partnering with you for a successful surgery and recovery. Thank you for choosing Total Orthopedics & Sports Medicine Spine Center.

If you have any questions, please contact:

Vicky Krzeminski, Spine Navigator at (516) 795-3033 X3036

SPINE CENTER TEAM

The spine surgeon will examine you, provide a diagnosis and educate you about the most appropriate surgical procedure for your specific condition. The surgeon and his team will perform the surgery, see you in the hospital, and coordinate your care and recovery. The Spine Center team will provide your preoperative education, assist with scheduling your surgery, and answer your questions and concerns before and after surgery.

Our goal is to get you home safely as soon as possible. The goal is to discharge you the same day of surgery, but based on your post-operative recovery, you may need to stay one or two days.



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PREPARING FOR SURGERY

Important Things to Do

1. One of our surgical coordinators will call you to discuss surgical dates and insurance authorization.
2. Medical clearance consisting of lab work, an EKG, and possibly a Chest XRay is required within 30 days of your surgery date. This can be arranged with your primary care physician or at the hospital's pre-surgical testing department. You may also require additional medical clearances from specialists, such as cardiologists, pulmonologists, etc. if you are under their care.

The goal is to ensure optimal physical condition before your surgery.

3. Discuss ALL medications, including over-the-counter vitamins and herbal supplements. Some vitamins and herbal supplements thin the blood. Anticipate that you may have to STOP them for 7 days before surgery. Examples of these include Vitamin E, Gingko, Ginger, Garlic, Ginseng and Fish Oil (see attached list).
4. STOP taking any medications that thin your blood 7 days before surgery. Some examples of these medications are:

- Aspirin
- Coumadin (Warfarin)
- Xarelto (Rivaroxaban)
- Pradaxa (Dabigatran)
- Eliquis (Apixaban)

**** PLEASE CONSULT YOUR PHYSICIAN/CARDIOLOGIST TO DETERMINE IF/WHEN IT IS SAFE TO STOP THESE MEDICATIONS PRIOR TO SURGERY.**

5. STOP taking any anti-inflammatory medications 7 days before surgery (Ibuprofen, Aleve, Advil, Motrin, Mobic, Duexis, Naproxen, Diclofenac).
6. Stop smoking. The use of nicotine products has been linked to an increased risk of complications following surgery. There is a significant benefit to stop smoking, optimally for 30 days prior to surgery. Your primary care physician can provide you with resources to help you stop smoking.



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PREPARING FOR SURGERY

The hospital will call you the day before surgery to provide you with your time of arrival for surgery and to review some instructions.

Important Things to Do

Family Member/Caregiver Assistance

A family member, close friend or other designated caregiver will become an important member of your extended team to help you prior to surgery and throughout your recovery.

Please review this guide with your family members/caregivers prior to surgery.

Your family members/caregivers will also help with:

- Transportation to and from the hospital.
- Providing assistance around the home during the first week after discharge. (Some patients may need assistance at home at all times during the initial recovery period.)
- Meal planning – a well balanced diet rich in protein and fiber. Fiber rich foods include fruits, vegetables, legumes/beans. Ensure that you hydrate well with water prior to and after surgery.

HOME SAFETY PREPARATION

Setting up your home prior to surgery is an essential step to ensure a safe environment after discharge from the hospital. Listed below are questions to consider BEFORE SURGERY while setting up your home.

Stairs

- Do you have stairs to get into/out of your home?
 - Having a family member/caregiver present to assist you into/out of your home is highly recommended.

Bedroom/Living Room

- Is your home arranged for ease of movement once you return home?
 - It is recommended that you remove throw rugs and other obstacles from the floor to ensure safety while walking.
 - It is recommended to have clean linens on your bed and launder them frequently to prevent any contamination of your surgical incision and dressing.
- Are items in cabinets and dresser drawers easily accessible?
 - You should not be on step stools or ladders after discharge, so be sure to move items as necessary so you can reach them easily (not too high and not too low).

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ASSISTIVE EQUIPMENT FOR SPINE SURGERY

Listed below are a few of the assistive equipment items commonly used after spine surgery. These items are helpful and will assist you in performing your activities of daily living (ADLs) as well as maintain your independence. Not all patients will need or use every piece of equipment.

These items are available at most area drugstores. Patients can check with their village or town hall regarding community services in their area.

BATHROOM

- Hand-held shower head
- Long-handled bath sponge

PERSONAL AIDS

- Reacher/Item Grabber
- Sock aid
- Long-handled shoe horn
- Slip on/laceless sneakers



YOUR HOSPITAL STAY

EXERCISE THROUGHOUT YOUR HOSPITAL STAY

Performing ankle pumps and quadricep sets in bed will help increase circulation and strengthen the legs. Try for 10 repetitions of each exercise every hour. You will likely experience some mild muscle aches or stiffness when you begin these exercises.

ANKLE PUMPS

Lie on your back with straight legs. Keeping your heels flat, pull your toes toward your head, flexing your feet, then point your toes away from you. Move your feet and ankles back and forth, completing a full range of motion.

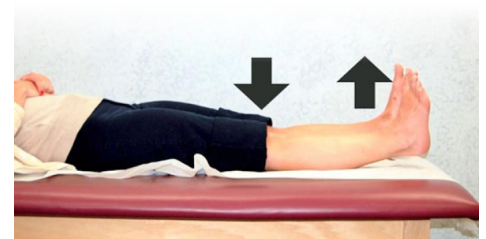


Ankle Pumps

Bend ankles to move feet up and down, alternating feet.

QUADRICEP SETS

Lie on your back with one leg fully extended and the other leg bent, foot flat on the bed. Slowly tighten the thigh muscle of the extended leg and push the back of the knee into the bed. Keep your heel on the bed. Hold the muscle contraction for five seconds. After 10 repetitions, switch legs.



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DISCHARGE PLANNING

MOBILITY RESTRICTIONS

Avoid lifting or carrying more than 10 lbs, bending, stooping, or twisting until further instructions are provided on your first postoperative visit with your surgeon.

INCISION CARE

- Your incision is covered with a surgical glue. Do not pull it off or pick at it. This will flake and dissipate over a period of 14-30 days. There may also be a dry sterile dressing covering your incision. If you notice any of the following symptoms of infection, please call the surgeon's office immediately:
- There is yellow, green, or foul-smelling drainage from the incision.
- The incision is red, warm/hot, and swollen.
- You develop a fever over 100 degrees.

SHOWERING

Your surgeon will give you specific instructions, though you may remove the dressing two days after surgery and shower, cleansing the incision with soap and water daily. Do not rub your incision, or apply creams or lotions. Do not take any tub baths or swim until cleared by your surgeon. Keep the incision dry. If the incision is open and/or draining, cover with a sterile dressing and tape. Monitor drainage amount and color. Report any findings to your surgeon.

POST OPERATIVE APPOINTMENT

Call our office to arrange a postoperative appointment 7 to 14 days after surgery if one has not already been made for you.

ANKLE SWELLING

You may get ankle swelling. If you lie down during the day and elevate your legs, the swelling should go away. If the swelling continues or if you have swelling in one or both legs, you should call your surgeon.

BLOOD CLOTS

The following symptoms may indicate the formation of a clot. If you notice any of these symptoms, please call your surgeon immediately:

- Calf is painful and feels warm to the touch.
- Persistent swelling of the foot, ankle or calf that does not go away with elevation of the leg.
- Chest pain or shortness of breath. (If this chest pain or shortness of breath is sudden or severe, call 9-1-1 and seek emergency care immediately.)
- Rapid or irregular heartbeat.

PHYSICAL ACTIVITY

- Limit sitting or standing to no longer than 1-2 hours at a time. Use chairs with arms. You may nap if you are tired, but do not stay in bed all day. Frequent, short walks—either indoors or outdoors— are the key to a successful recovery.
- Start with smaller goals of walking 300-400 feet or 1 block, 2-3 times a day in order to achieve the larger goal of 1 mile by day 3 or 4.
- The decision to resume driving your car is made by the surgeon. You should not drive while you are taking narcotic pain medications.

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NATURAL SUPPLEMENTS AND HERBS THAT CAN CAUSE BLEEDING PROBLEMS

Agrimony	Dandelion	Nattokinase
Alfalfa	Danshen (Salvia)	Onion
Aniseed	Devil's Claw	Papain (Papaya Extract)
Arcica	Dihydroepiandrosterone	Parsley
Artemesia	(DHEA)	Passionflower
Asa Foetida	Don Quai (Angelica)	Policosanol
Bishop's Weed	Fenugreek	Poplar
Bladderwrack	Feverfew	Prickly Ash
Bochu	Fish Oil	Quassia
Bogbean	Flax Seed	Red Clover
Boldo	Gamma Linoleic Acid	Resveratrol
Bromelains	Garlic	Sea Buckthorn
Burdock	Ginger	Sweet Clover
Capsicum	Ginkgo	Sweet Woodruff
Cassio	Ginseng	Tonka Beans
Celery Seed	Glucosamine	Turmeric
Chamomile	Horse Chestnut	Vinpocetine
Chinese Wolfberry	Horseradish	Vitamin E
Chondroitin	Lichorice	Wild Carrot
Clove	Meadowsweet	Wild Lettuce
Cod Liver Oil	Melatonin	Willow Bark
Coltsfoot	Melilot	

**WE WOULD LIKE TO THANK YOU ONCE AGAIN FOR THE OPPORTUNITY
AND PRIVILEGE TO BE A PART OF YOUR CARE TEAM.**



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