

CONNECTICUT NECK & BACK SPECIALISTS LLC

WHAT TO EXPECT DURING YOUR SPINE SURGERY

BEFORE SURGERY

Preparation for Surgery

- Schedule an appointment with your spine surgeon.
 - Your surgeon or PA will discuss your surgery with you and answer any questions you have
 - Bring a list of ALL the medications you are currently taking (including vitamins and supplements)
 - You will be instructed if and when to stop taking full dose aspirin, anti-inflammatory medications, supplements or any other blood thinners.
 - You will review and sign the consent for the surgery.
 - Pain management techniques may be discussed, particularly how to manage post-operative pain.
- Schedule an appointment with your primary care physician
 - You will see your primary care physician for a pre-operative medical evaluation.
 - Your medical history and current medications will be reviewed. Bring a list of ALL the medications you are currently taking (including vitamins and supplements).
 - Blood and urine tests may be done.
 - EKG and chest X-rays may be performed.
 - A nasal swab may be performed to rule out MRSA.
 - A pre-operative evaluation by a cardiologist may be recommended.
- Schedule an appointment with an anesthesiologist at Danbury Hospital (203-739-7118).
- Stop using all tobacco, nicotine and alcohol products.
- Follow a healthy diet and increase your protein intake.
- Exercise as tolerated.
- Review educational material about your condition/surgery.
- You will be assigned a Care Coordinator to assist you with any needs or answer any questions you have.

Discharge Planning

- Complete "Home Assessment"

Night Before Surgery

- A nurse from the Duracell Surgical Center will call you to let you know what time your surgery is scheduled for.
- DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT, unless you have been instructed to.
- You will be told what medications you may take the day of surgery.

DAY OF SURGERY/DURACELL SURGICAL CENTER

What To Bring

- Two forms of Identification. One must be a photo ID.
- All paperwork given to you by your spine surgeon
- Living Will or Healthcare Proxy
- Written list of ALL the medication you usually take

What Happens When You Arrive

- Arrive at Duracell Surgical Center at the requested time and report to the Reception/Admission desk.
- A nurse will bring you to an “assessment room”. She will complete health information forms and give you your ID bracelet.
- All staff members you come in contact with will be checking your ID bracelet in order to properly identify you. Different staff members will ask you the same questions. This may be bothersome, but please be assured the staff is following a system of checks put in place for your safety.
- Please do not hesitate to ask any questions you or your family may have.
- You will be given a hospital gown and robe to change into.
- Your family will be asked to go to the waiting room. They can wait there or go home to wait. The nurse will take contact information so your surgeon can call them after your surgery is completed.
- You will be brought into a holding area where an IV will be put into your arm.
- Once you are moved into the operating room medicine will be placed in your IV to help you relax and become sleepy prior to surgery. It will also make your mouth dry.
- You will be hooked up to a machine to monitor your vital signs.
- A Foley catheter will be put in place once you are asleep.

Anesthesia

- You will see your anesthesiologist before you enter the operating room.
- Your anesthesiologist will also talk to you about managing your pain after surgery.

Post-Operative

- Once your surgery is completed you will be moved to the Post Anesthesia Care Unit (PACU).
- While in the PACU the nurse will monitor your heart, blood pressure and breathing.
- The nurse will ask you about your pain. Pain medicine will be given through your IV.
- You will be in the PACU until you are awake, your vital signs are stable and your pain is under control.

DAY OF SURGERY-ORTHO/NEURO UNIT

Ortho/Neuro Unit

- Your family will be notified when you are being moved to the 12 Tower unit.
- The nurse will check your vital signs often.
- Coughing and deep breathing will be encouraged. You will be given a device to encourage deep breathing.

Nutrition

- After surgery you will be given ice, clear or full liquids as tolerated.
- Your diet will be advanced as tolerated.

Medication

- IV fluids for hydration
- Antibiotics to prevent infection
- Pain medication will be given by IV, orally or injection as ordered by your surgeon.
- Medication for nausea and muscle spasm will be provided as ordered by your surgeon.
- Let the nurse know if you need medication for pain or nausea.
- You may be uncomfortable, but the pain should be bearable with medication. Please let the nurse know if the medication is not helping.
- You may receive a blood thinner to prevent clots.
- Your routine home medication will be restarted as directed by your surgeon. The nurses will administer these. Do not take your own medication.

Equipment

- You may have a surgical drain.
- Dressing on the surgical site
- IV pump for fluids and medication

- Finger probe to monitor oxygen levels
- Foley Catheter in your bladder
- AV impulse boots on your feet to help with circulation
- Bed alarm

Activity

- Evaluation by Physical Therapy if ordered by your surgeon
- Mobility as directed by physician

POST-OP DAY 1

Tests

- Possible blood tests
- Evaluation by Physical Therapy, if not done on day of surgery
- Monitoring of vital signs and pain levels

Nutrition

- Advance your diet as tolerated.

Medication

- IV fluids will continue until you are eating well.
- Your last dose of antibiotics will be administered.
- Let the nurse know if you need medication for pain or nausea. Pain medication will be administered by IV, orally or injection as ordered by your surgeon.
- You may feel tired and sore, but the pain medication will provide relief.
- Medication for nausea will be provided as ordered by your surgeon.
- Stool softener to prevent constipation will be provided as ordered by your surgeon.
- Blood thinners to prevent clots may be given as ordered by your surgeon.

Equipment

- IV pump for pain medication
- Foley catheter is removed
- AV impulse boots
- Compression hose

Activity

- Continue deep breathing exercises
- Physical Therapy for mobility
- Out of bed to a chair with staff for meals
- Use of bedside commode with staff

Discharge Planning

- A Nurse Case Manager will be assigned to you to assist with discharge planning.

POST-OP DAY 2-4

Tests

- Possible blood tests
- Monitoring of vital signs and pain levels

Nutrition

- Resume regular diet
- Drink fluids to prevent constipation

Medication

- IV fluids will be discontinued if you are eating well.
- Medication for nausea and muscle spasm will be provided as ordered by your surgeon.
- A stool softener to prevent constipation will be provided as ordered by your surgeon.
- Blood thinners to prevent clots will be continued

Equipment

- Use AV impulse boots when in bed

Activity

- Continue deep breathing exercises
- Sit in a chair for all meals
- Physical and Occupational Therapy
- You will increase your activity to walking around the room and in hallways as directed by Physical Therapy.
- Walk to the bathroom with assist of staff.
- You will receive additional information about activity limitations.

Discharge Planning

- Ask any and all questions.
- Finalize discharge plans.