



CEDARS-SINAI MEDICAL CENTER[®]
SPINE CENTER

Dear Valued Patient:

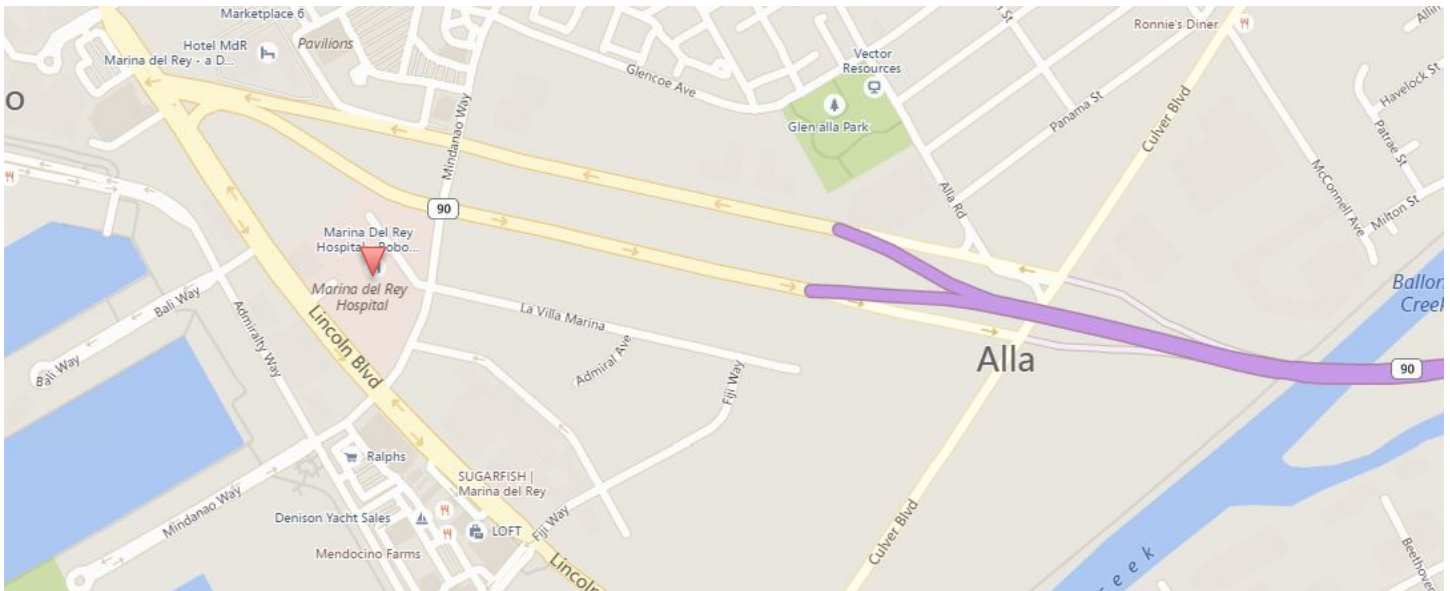
Your surgery with Dr. Anand or Dr. Baron has been scheduled at Marina Del Rey Hospital; please arrive 2 hours before your scheduled surgery time.

In preparation for your procedure, please review the following information which includes important Pre-operative reminders.

The address where you will check in to have your procedure is:

Marina Del Rey Hospital
4650 Lincoln Boulevard
Marina del Rey, CA 90292
(310) 823-8911

Please check-in at the Main Lobby, Information Desk



PRE-OPERATIVE REMINDERS

Do not eat or drink anything after midnight the day of your surgery. This includes water, chewing gum, breath mints, etc. If you take medicine on a daily basis, check with your preoperative physician regarding the last time you should take them. If you are instructed to take medication after midnight the night before your surgery, you may take the medicine with only a small sip of water.

If you are currently on a blood thinner, please discuss this with your preoperative physician to determine if and when you can stop that medication.

Remember to stop taking the following medications at least 10 days prior to surgery:

- any aspirin or aspirin containing medications
- any non-steroidal anti-inflammatories (Advil, Aleve, Ibuprofen, Mobic, Naprosyn, Celebrex)
- Vitamin A, Vitamin E, St. Johns Wort, MSM, Glucosamine, Sam-E, Ginger, or Garlic
- Chinese herbs or plant extracts (especially: Ginko-Biloba, Mahuang, Kava-Kava Root, or Ginseng, etc.)

Leave your jewelry and valuables at home. Do not wear make-up the day of surgery. Do not wear dark colored nail polish on hands or feet, as this may interfere with the anesthesia monitoring equipment.

If you are having a **FUSION**, please also remember **NO SMOKING OR TAKING ANTI-INFLAMMATORIES (MORTRIN, ALEVE, CELEBREX, IBUPROFEN, NAPROSYN OR ASPIRIN) FROM THIS POINT ON AND FOR AT LEAST 9 MONTHS AFTER SURGERY** as these activities may interfere with the fusion.

Please contact our office if any changes occur in your health prior to surgery that may affect your eligibility for surgery. Please do not have any dental or other medical procedures without consulting this office.

If you develop a fever, cold symptoms, coughing, chills, aches, or any other illness between now and your surgery date, notify this office and your preoperative physician immediately.

Please consult the following websites for additional information as you prepare for your surgery:

- www.infspine.net
- www.cedars-sinai.edu/Patients/Programs-and-Services/Spine-Center/The-Patient-Guide/Surgery-Patient-Education/index.aspx

IN-PATIENT REMINDERS

Activity/Physical Therapy

- Encourage you to be out of bed with assistance as soon as possible
- Start with log rolling in bed, then dangling legs, then sitting in chair, then walking
- Activity reduces the chance for wound infection, urinary tract infection, pneumonia, constipation, and it helps with pain and spasms
- Use the incentive spirometer (breathing machine) about 10 times per hour to help prevent pneumonia
- Physical and Occupational Therapy staff will evaluate you every day – very important that you participate in therapy
- Your discharge plan will be based on the therapists' recommendations

Pain Management

- Goal is to balance pain management with the side effects of pain medications
- Transition from IV pain meds to oral pain meds in the first 2 days after surgery
- Inpatient pain service and Rehab pain specialists are available to assist as needed

Internist (Preoperative Doctor)

- Will round on you while in the hospital
- Will be in charge of any medical issue that arises during your stay

Discharge

- Once stable, you will be discharged to one of the following: Home vs. Nursing facility vs. Acute Rehab
- Plan depends on level of pain control, functionality, and evaluations by PT, OT, and Rehab staff
- May need a commode, a walker, Home Health, or Home PT, which will be arranged before you leave the hospital
- You will be given prescriptions for pain medications on the day of discharge
- Wound care – keep dressing on for 3-5 days; allow steri strips to fall off on their own (takes about 2 weeks); keep staples covered at all times
- May shower 24 hours after discharge – remove dressing, allow water to run over incision area, pat dry. Apply waterproof dressing for shower if staples present
- Do not soak in a tub, pool, or hot tub until the incision has healed (~2-3 weeks)
- Call the office if your incision area becomes hot or red or if the incision starts draining at 310-423-9779

POST-OPERATIVE REMINDERS

Activity/Physical Therapy

- You should increase activities as tolerated, slowly returning to your normal routine (best activity is to walk several times a day)
- Only gentle bending (ex. put on socks or shoes) allowed
- No twisting motions or lifting/carrying more than 10 lbs
- It is normal to become more tired with your normal activities; it is part of the recovery process
- Recommend being off of work for 1-2 weeks depending on your surgery; many fusion patients take off of work for ~6 weeks
- Avoid Smoking

Pain Management

- Pain will fluctuate after surgery; use prescribed pain medications as needed
- If you are followed by a pain specialist, make a follow up appointment within 2 weeks of your discharge

Wound Care:

- Keep dressing on for 3-5 days. Change dressing as needed with gauze and medical tape. No ointments or creams
- Allow steri strips over the incision to fall off on their own (2-3 wks). If staples present, keep them covered & dry
- You may shower 24 hours after your discharge with a waterproof dressing or saran wrap covering
- Do not soak in a tub, pool, or hot tub until the incision has healed (at least 2 weeks)
- Call the office if your incision area becomes hot or red or if the incision starts draining

Bone Stimulator:

- If you have undergone a multi-level fusion, are a smoker, or have osteoporosis, you will be prescribed a stimulator
- You should typically wear it for at least 4 hours a day for 9 months (most convenient to wear it at night)

Precautions for Fusion Patients:

- Avoid anti-inflammatory medications (such as Advil, Motrin, Celebrex) as they may inhibit the fusion
- We advise taking prophylactic antibiotics prior to extensive dental work

Post-Operative Appointment:

- Call the office at 310-423-9779 immediately to schedule a post-operative appointment within 2 weeks of your procedure

