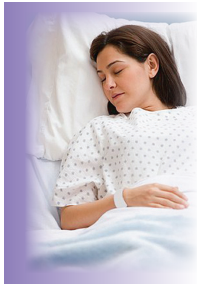
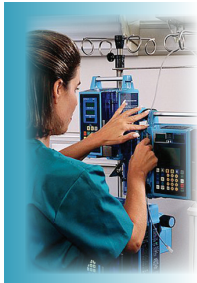




The Top 10 Things to Know Before Spine Surgery



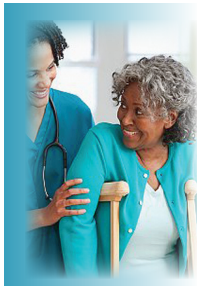
1. Sign up for patient gateway or add your surgeon to your account.
2. Choose one contact person for the surgical team to communicate with about your condition. Create a discharge plan: arrange a ride home and identify who will be available to help you at home.
3. After surgery, your nurses will check you from head-to-toe every 4 hours. This is normal.



4. When you wake up from surgery, it is important to turn and reposition. The nurses and aides will help you with these movements, standing at the edge of bed and starting to take steps. The goal is to have you out of bed and walking to the bathroom.



5. The day after surgery, the nurses will:
 - a. Give you pain medicine by mouth
 - b. Take out your urine catheter (if you have one)
 - c. Help you out of bed to the chair and bathroom at least 5 times
6. It is expected to have pain however your pain should NOT limit you from moving and getting out of bed.



7. By the time of discharge, you will be able to:
 - a. Get out of bed by yourself
 - b. Stand and walk household distances by yourself with a walking aid if needed
 - c. Go up and down stairs
8. You will be given prescriptions for pain medicines, give these to a family member to fill before you go home. These medications can be constipating, make sure to be taking a stool softener. Please call the office (3-5) days prior for refills.



9. Take frequent walks starting within your home and progress to longer walks outdoors. Begin on flat surfaces. Increase your distance and walking time based on your comfort and tolerance.
10. After you go home, you may shower once the dressing on your incision is completely dry. It is imperative to follow up with your surgeon, please refer to your surgical letter for your follow up appointment.