

## **HOSPITAL SPINE SURGERY PREOPERATIVE INFORMATION**

- Please call our surgery scheduler to arrange your surgery and for any questions you may have. Our scheduler can be reached by phone #206-243-1100 ext 201, fax #206-431-0835 or email [swsosurgeryscheduling@proliancesurgeons.com](mailto:swsosurgeryscheduling@proliancesurgeons.com) (note: we cannot reply to email, so please include best # to reach you).
- A preoperative appointment in our office will be arranged for you 1-2 weeks prior to the procedure to go over any final details about the procedure, sign consent forms and answer any questions you may have.
- You will be given a surgery date and time prior to your preoperative appointment.
- The Periop Surgical Home (PSH) for St. Anne Hospital (253-426-4604) will contact you to make an appointment (ideally 2-3 weeks prior to surgery), to make sure you are medically optimized for surgery. If you have any heart problems, please let our team know. You may also need an appointment with a cardiologist. If you need further clearance from other specialists, please make appointments and follow up with them. The Periop Surgical Home will need to receive and verify that you have completed all required testing prior to surgery.
- Please let us know if you or your family have any history of blood clots, urinary retention or complications from anesthesia in the past.
- You will also receive a call from the St. Anne – preoperative nurse, to verify that you have completed all required pre-surgery preparation, and the St. Anne - nurse navigator (using a program called Wellbe) will also call you before surgery to verify you have everything you need prior to surgery. They will ask you about Wellbe (our office does not utilize Wellbe to provide you pre/post op information, we provide you that information at time of scheduling and in your surgery packet) and they will call you after surgery to verify you are doing well.
- Please arrange to be seen by a physical therapist PRIOR to the procedure for education on what to expect after the surgery. We will provide you with a prescription for this.
- Please do not arrange any elective dental procedures for one month prior and three months after your procedure. When you have a dental procedure, bacteria can enter your bloodstream and we do not want that bacteria to infect your new prosthesis.
- The following DME (durable medical equipment) will be needed after your surgery. Several items will be provided at the hospital during your stay but you may wish to purchase them on your own.
  - Front Wheeled Walker: this can be provided at the hospital if needed
  - Ice packs or a cooling device: please purchase
  - Incentive spirometer which will be provided for you
- Other equipment that may be recommended after surgery, but is not required includes: raised toilet seat, bedside commode, shower chair, transfer bench for bathtub, reacher/grabber.
- Prescriptions for medications will be provided to you prior to your surgery and/or at the time of your discharge from the hospital
- Please prepare your home for your return. You may wish to make the following accommodations:
  - Remove loose carpet, throw rugs or cords that you may trip on.
  - Buy shoes with non-skid soles



- Prepare meals ahead of time
  - Create a bed downstairs if you normally live upstairs to limit stair use (if possible)
  - Put night lights in dark areas
  - Practice walking through your home with a walker
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- Arrange a caregiver to help you after your surgery for a minimum of 3 days, preferably 1 week. This is VERY important.
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- Postoperative Bowel Care- Purchase the following prior to surgery.
    - Colace 100mg. You will take 1 pill twice daily after surgery.
    - Metamucil. You will take 1 tablespoon daily with orange juice or water after surgery.
    - Milk of Magnesia
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- Checklist of things you need to purchase or get prior to surgery:
    - Colace
    - Metamucil
    - Milk of Magnesium
    - Tylenol
    - Zofran
    - Durable medical equipment as listed in the DME section

**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE 206-243-1100 x201.**