



PHONE 206.243.1100 FAX 206.431.0835
ProlianceSWSeattleOrtho.com

Three Tree Medical Arts Building
16259 Sylvester Rd SW, Suite 501
Burien, WA 98166

Proliance Surgeons First Hill Orthopedics
515 Minor Avenue, Suite 200
Seattle, WA 98104

Alan D. Barronian, MD
William L. Clark, MD
Brian D. Jones, DO
Peters T. Oflans, MD, MPH
W. Barrett Payne, MD
Jared M. Godwin, PA-C

HOSPITAL SPINE SURGERY PREOPERATIVE INFORMATION

- Please call our surgery scheduler for any questions you may have. Our scheduler can be reached by phone #206-243-1100 ext 48016, fax #206-431-0835 or email 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.
- You may need to be cleared by either The Periop Surgical Home (PSH) 253-426-4604) who we would arrange to contact you to make an appointment (ideally 2-3 weeks prior to surgery) or you will need to make appointment with your PCP, to make sure you are medically optimized for surgery. If you have any history of heart problems, please let our team know. You may also need an appointment with a cardiologist for clearance. If you need further clearance from other specialists, please make appointments and follow up with them.
- Please let us know if you or your family have any history of blood clots, urinary retention or complications from anesthesia in the past.
- 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 at the hospital
- 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



- Arrange a caregiver to help you after your surgery for a minimum of 3 days, preferably 1 week. This is VERY important.
- 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
- Checklist of things you need to purchase or get prior to surgery:
 - Colace
 - Metamucil
 - Milk of Magnesium
 - Tylenol
 - Durable medical equipment as listed in the DME section
 - At your preop appointment your Dr may prescribe your postop pain RX and any other RX you may need to pick up prior to surgery

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE 206-243-1100 x48016.

Updated: 02/08/2024