

BEFORE your SPINE SURGERY

Thank you for choosing TOC Spine Clinic! We look forward to helping you feel better. Please note that these are general instructions and some details may vary depending on your condition and procedure.

Get Healthy!

STOP SMOKING! – smoking is a leading risk factor for surgical complications and problems with wound healing. Please stop smoking as far in advance of your surgery as possible. ABSOLUTELY no tobacco products for 24 hours prior to your surgery.

Make sure you are closely monitoring your blood sugars if you are diabetic. If they are consistently elevated, it may be best to postpone your surgery to avoid infection and problems with wound healing.

Diet

You may not eat or drink after midnight the night before your surgery. If you need to take medications, please take them with a small sip of water only.

The morning of surgery you may brush your teeth and rinse your mouth, but do not swallow. Do not have gum, cough drops, or ice chips.

Skin Preparation

You should purchase Chlorhexidine soap (Hibiclens or generic alternative) over the counter at your drugstore. Shower with this soap daily for 3 days before your surgery. The hospital may also provide you with special wipes to use on the surgical area.

The morning of surgery please shower, put on clean, loose-fitting and comfortable clothes. After showering, do not use make-up, lotions, perfumes, after-shave, deodorant, or hairspray. **This is to help prevent infection!**

Please remove nail polish, hairpins, or jewelry, including body piercing.

Please remove contacts. Bring your glasses instead.

Please do not shave or remove any hair at or near the surgical site.

Medications:

The morning of surgery take your usual morning medicines especially your **beta blocker** with a **small** sip of water. There are exceptions. **Do NOT take:**

Diabetes medicines,

Blood thinners (for example, aspirin, warfarin, nonsteroidal anti-inflammatory drugs like ibuprofen or naproxen)

Medicines that must be taken with food
Water pills (diuretics) unless combined with another type of blood pressure medicine.

If you take long-acting insulin like **Lantus** or **Levemir** in the morning, take it the morning of surgery. If you have an insulin pump, bring it with you and continue at the basal rate.

The American Society of Anesthesiologists recommends that herbal medications be stopped at least 2 to 3 weeks before surgery. This is to avoid possible interactions and complications.

For spine surgery **you must stop all blood thinners, anti-inflammatories, anti-platelet medications, and herbal medications for a minimum of 7 days before surgery.** Please make sure the provider who prescribes these medications agrees that it is safe for you to hold them BEFORE you miss a dose.

Other Instructions

Follow all instructions given to you by your surgeon and diabetes doctor.

If you have a CPAP or Bi-PAP machine, bring it with you the day of surgery.

If you have a pacemaker or automatic internal cardiac defibrillator (AICD), please bring your device identification card with you.

If you have a back brace prescribed by our office, you need to bring it with you to the hospital the morning of your surgery.

Leave valuables and money at home.

Wear loose, comfortable clothing easy to take off and put on.

Make arrangements for someone to drive you home. Memory and judgment may be affected for 24 hours after surgery.

Surgery at TMH Main OR Preoperative Education

Arrival Time and Place

Call the preop nurses' station at **(850) 431-5047** between 1:30 and 4:00 p.m. the day before your surgery (call Friday if surgery is Monday). You will be told your arrival time and approximate surgery start time.

Park in the parking deck (entrances on Centerville Rd and Hodges Dr) and take the elevator to the ground floor. **Unless otherwise instructed, go to the Outpatient Surgery Unit (4A)**. From the atrium enter the hospital and follow the hallways to elevator **B** across from the cafeteria. Take **elevator B to the fourth floor**. The Outpatient Surgery Unit is down the hall on the right. Check in at the nurses' station. **If you are running late, call the unit at 431-1494.**

ID Bracelet

Please Do Not remove the ID bracelet put on you during the preop appointment unless your nurse said it could be removed. For some blood tests the ID must stay on or the tests will have to be redone the morning of surgery, possibly causing delays. For your safety the ID will be checked often.

**Thank you for choosing
Tallahassee Memorial Healthcare!!**

MEDICATIONS TO STOP Before surgery

Hold medications 7-10 days before surgery unless otherwise instructed.

Please do not stop blood thinners without the knowledge of your cardiologist or other doctors if you have atrial fibrillation, an artificial heart valve, cardiac stent, or other history of blood clots.

- **Antiplatelet Medication:** Anagrelide (Agridin®), aspirin (any brand, all doses), cilostazol (Pletal®), clopidogrel (Plavix®), dipyridamole (Persantine®), dipyridamole/aspirin (Aggrenox®), enteric-coated aspirin (Ecotrin®), ticlopidine (Ticlid®)
- **Anticoagulant Medication:** Anisindione (Miradon®), Arixtra, enoxaparin (Lovenox®) injection, Fragmin, heparin injection, Pradaxa, pentosan polysulfate (Elmiron®), warfarin (Coumadin®), Xarelto
- **Nonsteroidal Anti-Inflammatory Drugs:** Celebrex, diclofenac (Voltaren®, Cataflam®), diflunisal (Dolobid®), etodolac (Lodine®), fenoprofen (Nalfon®), flurbiprofen (Ansaid®), ibuprofen (Motrin®, Advil®, Nuprin®, Rufen®), indomethacin (Indocin®), ketoprofen (Orudis®, Actron®), ketorlac (Toradol®), meclofenamate (Meclomen®), meloxicam (Mobic®), nabumetone (Relafen®), naproxen (Naprosyn®, Naprelan®, Aleve®), oxaprozin (Daypro®), piroxicam (Feldene®), salsalate (Salflex®, Disalcid®), sulindac (Clinoril®), sulfinpyrazone tolmetin (Tolectin®), trilisate (salicylate combination)
- **Herbs/Vitamins:** Ajoene birch bark, cayenne, Chinese black tree fungus, cumin, evening primrose oil, feverfew, garlic, ginger, ginkgo biloba, ginseng, grape seed extract, milk thistle, Omega 3 fatty acids, onion extract, St. John's wort, tumeric, vitamins C and E
- **Diet/Weight loss medications:** phentermine, etc.

Ask your healthcare provider for specific instructions about when to resume these medications after surgery.