

Preparing for Your Spine Surgery Checklist

Office visit determines need for surgery

- You and your surgeon have determined surgery is best for you
 - Discuss pre-op testing/appointments that may be required by your surgeon.
 - Establish your support person** (spouse, family, friend) that you can count on to help with your surgical journey and transportation needs.

Your Surgery Date:

- Have a change in surgery date? **Call 248-964-4810**
- Received *Doctor Specific Instructions* related to your spinal surgery
 - Folder provided in Office and “Your Guide to Spine Surgery” Book

Two to three weeks before surgery

- You will receive a **phone call** from a Corewell Health **Registrar**
 - If applicable, an appointment with our **STTAR Clinic** for pre-surgical optimization will be made.

Your STTAR appointment:

- You will be provided pre-surgical materials and pre-operative supplies
- Let your healthcare team know if you cannot make appointment or have a change in surgery date. **Call Registration: 248-964-5012**
- Staff will schedule a phone call with our **Pre-anesthesia Screening Nurse** to review your **medical history** and **medications**.

Your nurse phone call appointment:

- Review your medical history and medications (have list handy)
- Introduction to spine **Enhanced Recovery After Surgery (ERAS)**
 - Discuss your role and goals before surgery, days before surgery and after surgery.
 - Keep moving, deep breathe, eat clean, mental health, pre-surgical shower, diet, carb drink 2 hrs. before arrival day of surgery.

Additional Pre-Surgical Optimization

- Stop taking certain medications** as instructed by your physician and anesthesia team.
- Continue good glycemic control/Blood Sugar/Diabetes Management
- Prepare your home:** Remove clutter and tripping hazards and get items within reach.
- If provided an **Incentive Spirometer** from the STTAR clinic, practice using it each day as directed. Otherwise, you can practice deep breathing exercise by inhaling slowly through your nose, exhaling through your mouth.
- If you do not attend the STTAR clinic, please purchase CHG pre-surgical cleaner/soap.

- Ensure labs are complete **within 30 days prior to surgery, days before your STTAR clinic appointment** and that you have all the appropriate surgical clearances (Ex. cardiac/Primary care) requested by your doctor.
 - **Optional** Enrollment into a **free STREAMD texting** service. Receive daily text reminders to assist with your personal surgical timeline.
 - Before surgery, **text “Join” to 248-265-3595**, then follow prompts.
 - **If a back or neck brace is recommended by your doctor, obtain the brace 14 days prior to surgery. Please bring your brace to the hospital on day of surgery.**
- **48 Hours (two days) before surgery: Infection prevention**
 - **Start Showering** with chlorhexidine gluconate “CHG” (Hibiclens) as directed
 - Have clean sheets on bed and wear clean pajamas
 - Practice good oral hygiene (brush teeth, mouth wash)
 - **Stay hydrated:** Up to 8 glasses of water a day
 - If you did not receive a “**Pre-Surgical Carb Drink**” please purchase **100% White Grape Juice or Regular Gatorade**, as an alternative, to prepare for the day of surgery.
- **24 Hours (1 day) before surgery: Continued Infection Precautions**
 - Continue to shower with chlorhexidine gluconate (**CHG**) as directed
 - You will receive a **phone call one business day before** your surgery (Friday if surgery is on a Monday) to notify you of your **surgery arrival time**. Ensure you have transportation and support person available.
 - **Arrival Time:**
 - **Stop** eating **solid** foods and **dairy** products at **10 p.m.** the evening before your surgery. You can have clear liquids up to **2 hours prior to your arrival time.**
- **Day of Surgery: Preparation**
 - **Shower** one last time with just chlorhexidine gluconate (**CHG**) the morning of surgery.
 - If you attended the STTAR clinic, please drink your Ensure **Pre-Surgical Carbohydrate drink** (1/2 bottle if diabetic) or carb drink alternative (100% white grape juice or Regular Gatorade) two **hours before arrival time**. YES, you can drink clear, carb drink day of surgery!
 - **Remember:**
 - **5 oz** of Carb-rich drink if **diabetic**
 - **10-12 oz** of carb rich drink if **non-diabetic**
 - Take only **medications** you have been instructed to take, with your carb drink.
 - Arrive to **Area C** at your scheduled arrival time.
 - **Bring your back or neck brace with you to surgery (if required).**
 - **If you use a CPAP/Bi-PAP at home for sleep apnea, please bring.**

There is a lot that goes into the success of your surgery! Thanks for taking an active part in your preparedness for spine surgery. We wish you the very best and an optimal recovery.

Sincerely,

Your Spine Team