



Pre-Operative Education

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EDUCATION INCLUDED BUT NOT LIMITED TO:

- Pre-operative physical with primary physician within 30 days of surgical date
- Pre-operative clearance (cardiology, hematology, etc.)
- Discontinue Aspirin, NSAIDs, Diclofenac for seven days prior to surgery date
- Discontinue Plavix for 7-10 days prior to surgery date
- Forms to be completed
 - Surgical risks
 - NPO recommendations
- Special bathing instructions
- Hospital overnight stay vs same day surgery
- Managing pain
- Post-operative incisional pain x 1-2 weeks which may require pain medications and muscle relaxants
- Post-operative activity limitations: likely 6-8 weeks, no lifting > 10 pounds, no bending or twisting
- Follow up appointments
- Spine education booklet