

Pre-Op Patient Instructions

14 Day Before Surgery

- **Blood Thinning Medications** - Stop taking Aspirin or NSAIDs (non-steroidal anti-inflammatories) such as Motrin, Ibuprofen, Relafen, Celebrex, Advil, Aleve, Naprosyn, etc. at least 14 days prior to your surgery. This also includes natural supplements such as Fish Oil. These can impair blood clotting. If you take Coumadin or any other prescription blood thinner you will need to meet with your PCP or cardiologist prior to surgery for clearance to be off these medications.

Day Before Surgery

- Do not eat or drink anything by mouth after midnight the night before your surgery.
- You may take your necessary medications with a very tiny sip of water in the evening or in the morning at up to 2 hours prior to surgery.
- If you develop any new illness or infection prior to your surgery please contact the office immediately as your surgery may need to be rescheduled.

Day of Surgery

- You are required to arrive at the hospital 2 (two) hours prior to your surgery time.

Following your Surgery

- **Activity** - Generally, you should avoid any bending, lifting, or twisting after your surgery. We encourage you to walk as much as is comfortable for you.
- **Pain Medications** - Try to reduce the amount of pain medications you are taking prior to your surgery, this will help with post-operative pain control. You will receive a prescription for pain medications upon your discharge from the hospital. If you require a refill please call the office with at least 24 hours' notice as many pain medications cannot be called into the pharmacy and require a paper script to be picked up at Ann Arbor Spine Center.
- **Constipation** – A reminder the pain medications can be very constipating. We encourage you to take an over the counter stool softener as needed.
- **Dental Work** -We recommend you delay any routine dental work for at least 6 months following surgery. If you need to have dental work done before 6 months, you will need to be treated with antibiotics before your dental procedure, even for routine cleanings. This will involve a one-time dose of antibiotic ONE HOUR prior to your scheduled procedure.
- **Specifically for Fusion Procedures**

You must discontinue all tobacco products prior to your surgery as the use of tobacco may cause the bone not to fuse. For all other procedures we recommend you stop smoking for as long as possible before surgery in order to reduce the risk of complications such as wound healing, infection or lung problems.

NSAIDs should not be taken for 6 months post-operatively as there is a potential to inhibit bony fusion.

ANN ARBOR NEUROSCIENCE cares for brain and head problems with its team of neurosurgeons.

ANN ARBOR SPINE CENTER takes a multidisciplinary team approach to back and neck problems to emphasize nonsurgical treatment options before exploring spine surgery.

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REFERRALS & APPOINTMENTS:

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On-line educational encyclopedia with home remedies, symptom charts and video animations about spine at:
www.AnnArborSpineCenter.com