



ORTHOPEDIC CENTERS OF COLORADO  
Peak Orthopedics & Spine

# Spine Surgery Information-Before Surgery

**Hugh McPherson MD**

## Scheduling Surgery

-One of our surgery schedulers will be in contact with you to schedule your surgery. They will coordinate pre-operative appointments, pre-operative clearance, insurance authorization and surgery scheduling.

## Pre-Operative Clearance

-Prior to having spine surgery, we require a documented pre-op history, physical and clearance from your either your primary care physician or Sky Ridge hospital physician.

-As part of your pre-operative clearance, you will need several tests done prior to surgery. This may include bloodwork, EKG, chest x-ray, other tests as necessary

-Occasionally preoperative testing will reveal a potential problem that may delay surgery while it is evaluated/corrected.

-Depending on your medical history and your specific medical conditions, additional specialist clearance may also be required. This may include cardiology, pulmonology, anesthesiology, hematology, or other specialties.

**- All clearances must be completed at least 1 week prior to your surgery date, but may not be greater than 3 weeks before surgery date. If not completed, your surgery will be delayed or cancelled. If completed >3weeks prior to your surgery, clearance and pre-operative testing will need to be repeated.**

## Spine Surgery Pre-op Appointment

-You will meet with one of our Physician Assistants for pre-operative appointment 1-2 weeks prior to your surgery.

-At this appointment, we will discuss details of your surgery/recovery, review and sign consent forms, review your medical history and clearances, and answer any questions about the upcoming surgery.

- In rare instances such as urgent/emergent surgery or patients from coming from very far away (out of state/country), we will forego this visit

## Medications

-You will receive specific instructions from both our office as well as your primary care/Sky Ridge hospital physician

-Use the following information as a general guide, however your specific case may vary. **Discuss with your spine provider/primary care prior to stopping any medications**

-Medications to stop **7 days** before surgery include: fish oil, multivitamins, herbal medications, Vitamin E, NSAIDs (aspirin, ibuprofen, naproxen, celecoxib, meloxicam, Advil, Motrin), some blood thinners such as warfarin/Coumadin and Plavix

-Medications to stop **48hrs** prior to surgery include certain blood pressure medications. They generally end in -pril or -sartan. Examples include lisinopril, losartan.

-Medications to stop **3 days** prior to surgery include some blood thinners such as Eliquis, Xarelto

## Other Medical Procedures/Dental Work

-Discuss with your spine provider if you have any other medical procedures or dental work planned **2 months before or after** your surgery date. Failure to do this may result in delay or cancellation of your surgery.

## Illness prior to surgery

-Contact our office and your primary care physician if you start to feel ill, have a fever over 100.4, or have any symptoms of illness, infection, open wounds.

## Day before Surgery

-You should eat your regular diet the day prior to surgery

**-No food or drink after midnight before your surgery or your surgery will be cancelled**

**303.699.7325**



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## Showering/Shaving

- Morning of surgery or night before surgery, shower thoroughly with Chlorhexidine wipes
- Do not** shave the area around the incision site. Necessary shaving will be performed by surgeon or his staff just prior to operation

## Following Surgery

- You will need someone to drive you home from the hospital or surgery center when you are discharged.
- you will be on pain medications following surgery. Prescriptions will be provided prior to discharge
- You will need some help from a friend or family member when you are at home following the surgery. How much help you will need depends on the type of surgery you are having as well as your baseline health/functional status. If you live alone or are not able to have anyone help you at home, let our office know so we can plan accordingly.

## Outpatient/Surgery Center

- If you are having outpatient (same-day or overnight) surgery, or if your surgery is at a surgery center:
- Make sure to bring all of your home medications, including assistive devices, CPAP machines etc

## Clothing/Jewelry

- Wear comfortable, well fitting clothing.
- No jewelry may be worn during surgery
- Leaves all jewelry, valuables at home
- Don't forget to pack personal care items such as toothbrush, toothpaste, deodorant, dentures, hearing aids, change of clothes

## Follow up Appointments

- Your first follow up appointment should be within 10-14 days from your surgery. This will be scheduled when you scheduled your surgery.
- X-rays will be taken at follow up appointments
- Appointment schedule is generally as follows:

10-14days, 4-6wk, 3month, 6month (fusion patients), 12month (fusion patients)

## Online Resources

- Please visit [www.peakorthopedics.com/spineinfo](http://www.peakorthopedics.com/spineinfo) for educational resources about your spine diagnosis or surgical procedure
- [www.spine-health.com](http://www.spine-health.com)

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