



ORTHOPEDIC CENTERS OF COLORADO
Peak Orthopedics & Spine

Spine Surgery Information-Day of Surgery

Hugh McPherson MD

Arrival Time

-You will be notified by surgery facility prior to surgery what time to arrive. Usually you are to arrive 2 hours prior to surgery.

-If you are late for your check-in time, your surgery may be delayed or cancelled.

-Surgery time is an estimated time. We will make every effort to begin your surgery at the scheduled time. However, many factors can delay the start of your case, such as emergencies, hospital delays, scheduling/staffing delays, case running long.

Prior to Surgery

-Prior to surgery, you will change into surgical gown and will be in the pre-operative area.

-You may have a limited number of family members with you at this time, determined by surgical facility.

-A number of healthcare personnel will visit with you just prior to your surgery. This typically includes your surgeon, anesthesiologist, PA, nursing staff, neuromonitoring.

-Last minute tests such as blood tests, xray, EKG, urine tests may be performed in preop area.

-You may be asked to empty your bladder just prior to going back to operating room.

-IV(s) will be placed and surgical site will be shaved.

-Depending on length of procedure, urinary catheter may be placed. It is placed after you are under anesthesia. If placed, it is usually removed the next morning, prior to discharge.

Anesthesia

-Your anesthesiologist will meet with you in preop prior to your surgery.

-They will sometimes call you the night before your surgery, look for their call.

-For spine surgery we are only able to use general anesthesia. Nerve blocks are not used due to length, location, and complexity of spine surgery.

-Following anesthesia it is common to experience a sore throat, this generally improves over the following few days

-During anesthesia, your lungs become "lazy". This can result in lung congestion, pneumonia. To minimize this complication, you may use a device called an incentive spirometer to help you perform deep breathing exercises to re-inflate your lungs.

-If you have had problems with anesthesia in the past, or have any questions about anesthesia, please contact Peak Anesthesia at 720-870-7446.

Recovery Room

-Following the surgery, you will be taken to the recovery room to wake up from anesthesia

-A dressing will be covering the surgical site

-If deemed necessary by your surgeon, a surgical drain may be placed. This a tube that exits from a small incision next to your primary incision(s). A drain helps drain any fluid or blood that sometimes accumulates in the surgical site after the surgery.

-This is very easily and painlessly removed when deemed appropriate, usually 0-2 days following surgery

-Your pain level will be closely monitored and treated by recovery room staff.

- If you will be staying overnight, you will be taken to the hospital floor/room once you wake up enough from anesthesia.

-Due to pandemic, family is not permitted in the recovery unit at the hospital. Once you go up to the hospital floor/room, one family member may rejoin you-per facility guidelines.

Brace

-Following neck surgery, you will likely wake up with a neck brace. Your provider/nurse will tell you how and when to use it.

- Blood Clot Prevention

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-Compression stockings (TED hose) and a sequential compression device (SCD) will be placed to help decrease the risk of blood clots (DVT).

Length of Stay/Discharge

-Length of stay depends on the type of surgery you have, as well as your individualized recovery. We will discuss length of stay estimates prior to your surgery.

-You will be discharged from hospital/surgery center when certain criteria are met. These are to ensure that you are safe to leave the hospital/surgery center.

-The longer you stay in the hospital or surgery center, infection risk goes up. Therefore, we make every effort to get you home as soon as it is safe to do so.

-You will need someone to drive you home after you are discharged

-You will be given prescriptions prior to discharge

Emergencies following discharge

-If you are experiencing a life-threatening emergency call 911.

-We have a spine provider on call 24/7 in case of emergency. Call 720-699-7325. If after hours/weekends, they will route you to the provider on call.

-If your question is not an emergency, call our office during normal business hours to speak with our team.

-Notify our office immediately if you experience

- Fever >100.9

- Difficulty breathing

- Worsening voice hoarseness, calf pain, leg swelling

- New/worsening extremity pain, numbness, weakness

- New bowel or bladder incontinence

- New numbness with urination/defecation

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