

Preparing for Surgery

Work

In general it will take approximately one month before you can return to work. It may be a little sooner for sedentary work or up to three months for heavy labor.

Transportation

You will be unable to drive for the first 2 weeks after lumbar (low back) surgery and 1 week after cervical (neck) surgery. Make sure that you have access to transportation to and from the hospital/surgery center and your appointments following surgery. You may ride in an automobile but should get out and stretch at least every hour to avoid muscle spasms.

Home

An evaluation of the safety of your home should be made before you leave for surgery. This may involve removing rugs from the floor, picking cords up off the floor and fixing any loose tile or boards that may be a tripping hazard. Arrange items in your home so you can easily access them. Have general household duties completed before surgery, such as grocery shopping and cleaning, so you and your caregiver can focus on your recovery.

Nicotine

Stop smoking and using tobacco products now. Nicotine delays the healing process and should be avoided for at least the first 3 months. Ask your surgeon or primary care provider for resources. If you are having a spine fusion, you may be required, by your insurance company or surgeon, to submit lab work that proves you are nicotine-free before surgery.

Medications

Anti-inflammatories (i.e. ibuprofen, naproxen), Aspirin, other blood thinners, and immunosuppressants need to be stopped prior to surgery. **See the complete list attached.*

Medical condition

Please let us know if you pre-operative symptoms significantly change as this may impact the surgical procedure performed. Also, if you develop any issues with fever, chest pain, shortness of breath, or active infection.

Day Before Surgery

Pre-op Nurse Call

You should receive a phone call from a pre-op nurse 1-2 days prior to your surgery (or Friday if your surgery is Monday) to confirm your arrival time, review medications and final instructions. If you have not received a call by 5pm the day before your surgery, please call your surgery center – Kootenai Health (208) 625-5431 or Pleasant View (208) 262-3823. Please have a current list of medications, dosages and frequency, even those that will be held before surgery. Also know your allergies and associated allergic reaction

Hibiclens Shower

Per instruction sheet.

Diet

Do NOT eat or drink after midnight the day before surgery. Failure to fast after midnight will result in a cancellation of your surgery due to the possibility of complications. This includes chewing tobacco, coffee, hard candy and gum.

Day of Surgery

What to Bring

Bring a list of current medications and a copy of your living will and/or advanced directive.

Wear loose fitting, comfortable clothing, undergarments, shoes and socks.

Please bring personal items that are required for communication and essential functions such as glasses, dentures and hearing aids. Please leave jewelry, money or wallets at home. Once you have checked in on the morning of surgery you will not need any personal identification material.

Diet

Nothing to eat or drink prior to surgery. This includes chewing tobacco, coffee, and gum.

Medications

It is ok to take pain medications as prescribed by your surgeon on the day of surgery with a small sip of water. Please continue long acting insulin such as Lantus. Do not use any short acting insulin or oral diabetic agents before surgery. You may also continue your blood pressure/heart medications.

Unless otherwise specified you do not have to bring any medications with you to the hospital. One exception would be any inhalers or CPAP machines that you would use for respiratory conditions.

If you have any questions in this regard please ask our office or the pre-op nurse.

Check In

It is important for you to arrive on time. You should have been given a specific check-in time during your pre-op nurse phone call. In general, it is 1 ½ hours prior to your scheduled surgery time. Check in at Kootenai Hospital will be through admitting/registration located by the emergency department. Failure to check in on time may result in the cancellation of your surgery.

Family Considerations

The total time of surgery includes the pre-operative phase, the surgical phase and the recovery phase. Family members will be able to see you once you have arrived to your room and had an initial evaluation by your nurse.

Medications & Supplements to **STOP 1 WEEK BEFORE SURGERY (typically resume 1-2 weeks after)**

All NSAIDs, (non-steroidal anti-inflammatory drugs) including but not limited to:

Aspirin (Anacin, Ascriptin, **Bayer**, Bufferin, Ecotrin, **Excedrin**)
Choline and magnesium salicyclates (CMT, Tricosal, Trilistae)
Celecoxib (**Celebrex**)
Diclofenac potassium (Cataflam)
Diclofenac sodium (**Voltaren**, Voltaren XR)
Diflunisal (Dolobid)
Etodolac (Lodine, Lodine XL)
Fenoprofen (Ansaid)
Ibuprofen (**Advil**, **Motrin**, Motrin IB, Nuprin)
Indomethacin (Indocin, Indocin SR)
Ketoprofen (Actron, Orudis, Orudis KT, Oruvil)
Magnesium salicyclate (Arthritab, Bayer Select, Doan's Pills, Magan, Mobidin, Mobogesic)
Meclofenamate sodium (Meclomen)
Mefenamic acid (Ponstel)
Meloxicam (Mobic)
Nabumetone (Relafen)
Naproxen (Naprosyn, Napreelan)
Naproxen sodium (**Aleve**)
Oxaprozin (Daypro)
Piroxicam (Feldene)
Rofecoxib (Vioxx)
Salsalate (Amigesic, Anaflex 750, Disalcid, Marthritic, Mono-Gesic, Salflex, Salsitab)
Sodium salicyclate (various generics)
Sulindac (Clinoril)
Tolmetin sodium (Tolectin)
Valdecoxib (Bextra)

ALL HERBAL SUPPLEMENTS: especially **Fish Oil** and **Ginkgo**

All BLOOD THINNERS, including but not limited to:

Aspirin	Xarelto
Coumadin/Warfarin	Eliquis
Pradaxa	Savaysa
Brilinta	Ticlid
Effient/prasugrel (stop 2 weeks before cranial surgery)	

Stop 2 weeks before surgery:

Aggrenox

Plavix/clopidogrel (stop **3 weeks** before cranial surgery)

IMMUNOSUPPRESSANTS, including but not limited to:

Azathioprine (Imuran, Azasan)	Arava (leflunomide)
Cyclosporine (Gengraf, Neoral)	Enbrel (etanercept)
Humira (adalimumab)	Orencia (abatacept)
Plaquenil (hydroxychloroquine)	

Stop 6 weeks before surgery:

Remicade (infliximab) & **Methotrexate** (Trexall, Rheumatrex)