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## Steps In The Spine Surgery Process

1. Decision for surgery.
2. Meet with surgeon's scheduler to:
  - a. Pick a surgery date
  - b. If necessary, obtain EKG and/or schedule appointments for pre-operative (pre-op) clearance with primary care provider or specialist
  - c. Receive a Spine Program Folder prior to leaving office
3. Obtain insurance authorization or other payment for surgery.
4. Pre-op appointment at surgeon's office 1 to 2 weeks prior to surgery to answer any further questions, sign consent form and arrange for final pre-op testing and instructions.
5. Patient to arrange for post-hospital care, transportation and assistance with Activities of Daily Living (ADLs). *\*Details below.*
6. Surgery at Kootenai Health or Pleasant View Surgery Center.
7. Discharge safely home.
8. Follow-up with your surgeon's office for monitoring following surgery.
9. Outpatient physical therapy (generally starts 4 weeks after surgery).

# Appointments

**Primary Care Visit If Necessary Prior To Surgery:**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

**Specialty Provider Visit If Necessary Prior To Surgery:**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

**Specialty Provider Visit If Necessary Prior To Surgery:**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

**Pre-Operative Testing (generally no appointment needed for EKG or labs):**

<u>Need</u>	<u>Date completed</u>
<input type="checkbox"/> EKG (age >50 or cardiac issues)	_____
<input type="checkbox"/> Labs	_____
<input type="checkbox"/> Other _____	_____

**Pre-Operative Appointment with our Office:**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

**Surgery:**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

**First Post-Operative Appointment (generally 1-2 weeks after surgery):**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

**Second Post-Operative Appointment (generally 4-5 weeks after surgery):**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

## *Important Medical Information*

To consider before surgery

1. **Do you live alone?**

You will need assistance at home following surgery. The amount and length of assistance is based on your physical health and individual needs. Having someone that can stay with you or having someone you can stay with for the first few days following surgery is advisable. At least, a family member or caregiver should be available and checking on you periodically. Please let us know if you need assistance finding someone and we can help make arrangements.

2. **Do you have a home that has multiple steps or levels?**

There are no specific restrictions against stairs but you will not be able to navigate steps as easily after your surgery as you do now. It is advisable to consider arranging one area of your home to accommodate your needs for a few days giving you access to as many things as possible.

3. **Do you have transportation to and from the hospital as well as your follow-up appointments?**

You will be unable to drive for the first two weeks after lumbar (low back) surgery and one week after cervical (neck) surgery. Make sure that you have access to transportation to and from the hospital and your appointments following surgery.

4. **Do you live outside the northern Idaho area?**

If so, do you know about your local resources to help you in your recovery process? If not, consider contacting local resources in your area concerning home health, physical therapy and local providers that are willing to help you.

5. **Dental work?**

Any needed dental work should be completed before surgery. If there is a dental infection, you will need to be off the antibiotics and free of infection for 2 weeks before surgery. After surgery, we prefer you wait 6 weeks to have any dental procedures performed. If you had instrumentation placed, such as a fusion surgery, we would prefer you wait 6 months for dental work. If you need it sooner, you will need to take an antibiotic before the procedure.