



Before Your Surgery

St. Vincent's Neurosurgery Center North Tower

Patient Name:

Procedure:

Procedure Date:

Physician:

Arrival Time: On the afternoon of the business day before your procedure you will be contacted by a staff member of the surgery center. At that time the staff member will gather demographic information and give you an arrival time. You will also be contacted either that afternoon or early evening by the anesthesia nurse to discuss your medical history. They will discuss with you what regular medications you should take the morning of your procedure. The arrival time will be approximately 1.5 hours prior to the scheduled surgery time. Please arrive promptly.

If you have not been contacted by 2:00 PM, please call 205-558-3636 Opt 7,

Pre-operative Instructions: Do not have ANYTHING to eat or drink after midnight the night before your procedure. This includes water, gum, mints, or candy. **If your procedure is outpatient our office will send an antibiotic to your pharmacy prior to surgery, that you will begin the day after your procedure.**

What to Bring: Bring **ALL** your medicine bottles with you. This includes prescriptions, over-the-counter drugs, and any herbal medicines you are currently taking. Bring your driver's license and insurance card(s). Bring a driver to take you home after the procedure and comfortable clothing to wear home.

What not to Bring: Do not bring any valuables, including jewelry of any kind. Do not wear contact lenses on the morning of your surgery. Waiting room space is limited, so please limit family and friends accompanying you to two people.

Blood Thinners: Please take your last dose of Aspirin, Advil, Aleve or Ibuprofen on

Directions: The NeuroSpine Surgery Center is located on the 7th floor of the North Tower at St. Vincent's Hospital. Upon entering the campus, turn right beside the fountain into the parking deck for the North Tower. Phone Number: (205) 558-3636.

We are at your service. If you have any questions or concerns please contact us: (205) 986-5200.



Before Your Surgery

St. Vincent's Hospital

Patient Name: _____

Procedure: _____

Procedure Date: _____

Physician: _____

Arrival Time: Our office will contact you the day before your scheduled procedure to give you the arrival time for surgery. Please be prompt.

Pre-admission Testing: Any surgery that is done at the Main Hospital will require **Pre-Admission Testing PRIOR to your surgery date**. You will need to contact their office to schedule this appointment. For your pre-admission testing appointment you will need to go to the main lobby of the hospital and look for the patient registration desk just to the left of the elevators. You are not required to fast for this appointment. The phone number to schedule this appointment is (205) 930-2528. Be sure to bring ALL your medicine bottles with you. This includes prescriptions, over-the-counter drugs, and any herbal medicines you are currently taking.

Pre-op Instructions: Do not have ANYTHING to eat or drink after midnight the night before your procedure. This includes water, gum, mints, or candy. **If this is an outpatient procedure, our office will send an antibiotic to your pharmacy that you will begin taking the day after surgery.**

What to Bring: You may wear your own pajamas or a patient gown provided by the hospital. Other items to bring include bathrobe, slippers, toothbrush/toothpaste and toiletry items. You will also need to bring your driver's license and insurance card(s). **What not to Bring:** Do not bring any valuables, including jewelry of any kind. Do not wear contact lenses on the morning of your surgery.

Directions: Go into the main entrance of the hospital and look for a set of elevators in the main lobby. Take those elevators to the third floor surgery area.

Blood Thinners: Please take your last dose of Aspirin, Advil, Aleve or Ibuprofen on

Medications: As a general rule, the anesthesiologist would like for you to take any blood pressure, heart, breathing, or seizure medication that you normally take in the morning, on the morning of your surgery with a sip of water. Any other medications will be given to you after your surgery.

Special Note: If ordered by your doctor, you could receive a call from a representative about a brace or a bone growth stimulator before your surgery.

*We are at your service. If you have any questions or concerns please contact us:
(205) 986-5200.*



After Your Surgery

Lower Back Surgery

Postoperative Instructions

What You Should Expect...

- A moderate degree of back pain, stiffness and muscle spasm
- A low grade fever
- A small amount of seepage from your incision
- Numbness in your leg and foot

Following Surgery...

- You may lay in any position that is comfortable to you.
- You may find that sitting in a recliner is comfortable.
- Keep dressing dry for 48 hours.
- Showering is allowed. Do not soak in the bath tub.
- After 48 hours, you may remove the dressing, gently cleanse the area with soap and water, pat dry and apply a large Band-Aid or gauze dressing.
- Do not apply creams or ointments to incision.
- Travel up stairs carefully and sparingly.
- Your activity level should gradually increase, and walking is encouraged as tolerated.
- No driving for 7-10 days post surgery.
- No lifting over 10 pounds, bending, twisting, or stooping.
- Your staples/stitches will be removed 10–14 days after surgery.

You Should Call the Office if...

- There is a large amount of drainage
- There is more than a small amount of blood tinged drainage or drainage appears to have pus (infection)
- Temperature greater than 101.5°
- Worsening numbness or weakness of legs
- Difficulty passing urine

Your first appointment will be
by the RN

You will be seen

Your follow up appointment with the doctor will be _____.

*****IF YOU HAD A PERMANENT STIMULATOR PLACED, PLEASE NOTIFY YOUR REP OF YOUR POST OP APPOINTMENT DATE AND TIME WITHIN A FEW DAYS AFTER SURGERY.**



After Your Surgery

Neck Surgery

Postoperative Instructions

What You Should Expect...

- Moderate pain
- Soreness and stiffness of neck and shoulder muscles
- Hoarseness that should gradually improve
- Difficulty swallowing, due to swelling of the tissues, that should gradually improve

Following Surgery...

- You may lay in any position that is comfortable to you.
- Keep the dressing dry for 48 hours.
- Showering is allowed.
- After 48 hours, you may remove the dressing, gently cleanse the area with soap and water, pat dry and apply a large Band-Aid or gauze dressing.
- The tape across the incision should remain in place the first week.
- Do not apply ointments or creams to incision.
- Your activity level should gradually increase, and walking is encouraged as tolerated.
- No driving for one week.
- You are encouraged to move your neck to the degree that it is comfortable.

Do not force stretching of the neck.

- No lifting over 10 pounds.

You Should Call the Office if...

- There is a large amount of drainage
- There is more than a small amount of blood tinged drainage or drainage appears to have pus (infection)
- Temperature is greater than 101.5°
- Worsening numbness or weakness of arms and legs

Your first appointment will be _____
by the RN

You will be seen

Your follow up appointment with the doctor will be _____.