

2 WEEKS BEFORE SURGERY

- Schedule an appointment with Pre-Admit clinic to have pre-op tests done (blood work, nasal swab & EKG).
 - Providence Pre-Admit 503-216-1993
 - Legacy Emanuel Pre-Admit 503-413-4144
- Attend a Pre-Op Spine Class – This is recommended but not mandatory.

DO NOT EAT OR DRINK anything after midnight the day prior to your scheduled surgery.

MEDICATIONS – Stop the following medications prior to surgery:

Aspirin, aspirin related medications, or other blood thinners such as: Plavix or Coumadin	Stop 7 days prior to surgery - Be sure to discuss with your physician/cardiologist if it is ok to stop taking your blood thinner medication and obtain a clearance letter.
Non-steroidal, anti-inflammatory medications (NSAIDs) such as: Ibuprofen, Advil, Aleve, Ketoprofen, Motrin, Naproxen	7 days prior to surgery - It is ok to take Vicodin (Hydrocodone products), Tylenol, Ultram (tramadol) as prescribed.
Herbal Supplements and Products	Stop 14 days prior to surgery. This is due to increased risk of bleeding.
Blood Pressure Medications	You may take them as prescribed on the morning of surgery with a small sip of water.
Diabetic Medications	Take your blood sugar prior to coming in for surgery and do not take your diabetic medication until after the procedure. Please also request a morning appointment so that you do not go too long without food (you will be accommodated as best possible).

SMOKING – Refrain from smoking after midnight prior to surgery.

ALCOHOL – Do not drink alcohol 24 hours prior to surgery.

PREGNANCY – Notify our office as soon as possible if you suspect that you’re pregnant.

UNPLANNED ILLNESS – If you become ill, are prescribed antibiotics by your primary care doctor, or have a skin injury prior to your surgery, please notify our office as soon as possible.

SURGERY DAY

- Take a bath or shower with Hibiclens soap the night before and the morning of surgery. You can buy it at any local pharmacy.
- Do not apply any deodorants, lotions, perfumes, powders, or makeup.
- Bring your insurance card and one piece of photo ID with you when you check-in.
- Leave all valuables at home, remove all jewelry, and be sure to wear loose, comfortable clothing.
- If you wear contact lenses, do not wear them the day of your scheduled surgery.
- Make sure you have a responsible adult available to sign you out after the surgery is completed and to drive you home.

CARE AFTER SURGERY

- Make appropriate arrangements for post surgical home care. Plan to have someone stay with you for the first couple of days once you are home. Let our office know if this is a problem.
- You will need help with the following activities for the first few weeks after surgery: walking and feeding pets, driving, housework, cooking, laundry, dishwasher, yard work etc.
- Do not plan to serve as caretaker for others during your recovery time.
- Review and follow our Discharge Instructions for your specific surgery.
- Call our office to schedule your 4 week and 12 week post op appointments.