



## PRE-OPERATIVE INSTRUCTIONS

At Camelback Spine Care we encourage our patients to take an active role in pre-surgical and post-surgical treatment plans. We want the best possible outcome and recovery for all patients. This requires a positive mental attitude and participation on your part in health care decisions. A thorough understanding of the anticipated outcome will allow you to have realistic goals as well as work steadily to achieve them.

### PREPARING FOR SURGERY

Please schedule a pre-operative appointment with your primary care physician and any specialist, such as cardiology, that you may need to see for **surgical clearance at least 3-4 weeks** prior to your surgery. Not all patients require surgical clearance. Please notify our office if assistance is needed in scheduling.

Hospital registration and pre-admission instructions:

The hospital will contact you over the phone to conduct pre-operative registration and give you important instructions. Please have a **current list of medications** and your **medical history** prepared to discuss with them.

### 7 DAYS PRIOR TO SURGERY

\*Please notify your prescribing physician prior to discontinuing any medications.\*

- **DO NOT TAKE** Aspirin containing products or NSAIDs (Ibuprofen, Naproxen, Aleve)
- **DO NOT TAKE** herbal medications/supplements specifically fish oil, Vitamin E, garlic
- SPECIFIC INSTRUCTIONS FROM YOUR PRESCRIBING PHYSICIAN IS NEEDED IF YOU TAKE BLOOD THINNERS (Coumadin, Plavix, Eliquis, Pradaxa, etc.)

### LUMBAR/CERVICAL BRACING AND BONE STIMULATORS

Most patients will receive a back brace or cervical collar **approximately 1-2 weeks** prior to surgery either dispensed by our office or through a distributor.

A bone stimulator aids in the healing process and is usually used for extensive surgeries. Not all patients will require a bone stimulator. If one is recommended for your surgery a BioMet representative will contact you **approximately 1-2 weeks** prior to surgery to arrange delivery and provide manufacturer instructions for use.

**\*Michelle, our surgical coordinator, will call you the day before your surgery to give your check in time and any final instructions.\***

### **THE NIGHT BEFORE SURGERY**

- **DO NOT** eat or drink anything after midnight, including water, gum, or mints, unless instructed to do so by your physician. Doing so may cause complications during surgery or cause delay or cancelation of your surgery.
- **DO NOT** eat heavy foods or drink alcohol 24 hours prior to surgery.

### **THE DAY OF SURGERY**

- **BRING** your lumbar brace or cervical collar to the hospital.
- **DO NOT** wear contact lenses, jewelry, or makeup. If you wear contact lenses please bring your glasses with the case instead.
- **Leave all valuables at home.**
- **Notify** the hospital staff with any new symptoms such as **fever, chills, body aches etc.**
- **You will need a driver to bring you home.**

### **SURGERY CANCELLATION POLICY**

**\*\*\*IF YOU NEED TO CANCEL YOUR SURGERY PLEASE PROVIDE AT LEAST 72 HOURS NOTICE. FAILURE TO CANCEL YOUR SURGERY WITHIN 72 HOURS PRIOR OR NO SHOW FOR SURGERY WILL RESULT IN A CANCELLATION FEE OF \$500.00.\*\*\***

We hope this information is beneficial and answers most of your questions. Please feel free to contact our office with any further concerns. 602-714-6970

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness Signature: \_\_\_\_\_ Date: \_\_\_\_\_