



Instructions Before Spine Surgery

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Pre-operative Instructions

The following are important instructions that you will need to follow in order to proceed with your surgery.

Primary Care History and Physical

It is necessary for you to be seen by your primary care physician for a pre-operative examination. At this appointment, a routine physical examination and diagnostic tests, such as blood work, x-ray, and EKG should be obtained. If they are not, please call Dr. Davis's office.

Hospital Pre-admissions Department

The hospital pre-admission nurse will call you closer to your surgery date to make an appointment for a hospital pre-op visit prior to your surgery date.

Medication Restrictions

You should refrain from taking any aspirin or anti-inflammatory medication for two weeks prior to surgery. If this presents a problem, it should be discussed with your family physician prior to your surgery. If you are taking Glucophage, please stop 48 hours prior to surgery. If you take Coumadin, you must stop a minimum of five days prior to surgery. Certain Coumadin patients will need to take an alternative blood thinner. This must be worked out with your primary doctor and Dr. Davis before surgery.

Diet Restrictions

You are not allowed to eat, drink (even water) or smoke after midnight the night before surgery. You may brush your teeth and rinse your mouth, but please **DO NOT SWALLOW THE WATER!**

Clothing

If you are scheduled for same-day surgery, we suggest you wear loose fitting clothing that will fit comfortably over any bandages.

New Illness

If you have any cold symptoms, infections, or injuries to the skin in the area of surgery, this may require delay of surgery. Please contact Dr. Davis's office at once.

Blood Donation

If you are donating blood, start on iron tablets, such as Ferrous Sulfate 325 mg three times a day, with meals. You can purchase these at any pharmacy, over the counter. Continue them until the day before surgery.