
Pre-Operative Instructions for Spine Surgery

1. Do NOT eat or drink anything after midnight the evening before your surgery.
2. If you are taking anti-inflammatory medication, either by prescription or over the counter, you must stop taking them at least 1 week prior to surgery. This includes but is not limited to Arthrotec, Mobic, Celebrex, Naprosyn, Voltaren, Motrin, Ibuprofen, Aleve, Ecotrin, Excedrin, Aspirin or any aspirin-containing product. Fish oils and Omega-3 Fatty acids should also be stopped prior to surgery.
3. You must stop any anti-coagulant medications surgery (blood thinners such as Plavix, Coumadin, Warfarin, Lovenox, Aspirin) 1 week prior to. Always check with the prescribing physician before stopping the medication.
4. During your pre-op anesthesia interview, ask the anesthesiologist or nurse which of your medications you should take the morning of your surgery with a sip of water (Especially diabetes and high blood pressure medications).
5. You must bathe with either Hibiclens or Dial Antibacterial Soap (paying special attention to the area where you will be having the surgery) the evening before as well as the morning of your surgery. Both soaps can be found over the counter at your local pharmacy.
6. You should arrive at the hospital or surgery center at 5:30 AM on the morning of your surgery. In the event that there is a cancellation of a case, your surgery will be moved up and it is important that you are present.
7. The appropriate medications will be prescribed after your surgery. Take all medications as prescribed. Medications will NOT be filled earlier than they are due.
8. We request that you stop smoking prior to your surgery. Smoking delays healing and increases your chance of many post-operative complications such as infection, breathing problems, as well as delaying fusion rates. Do not use a nicotine patch after surgery.
9. Call the office immediately if you develop any cold or flu symptoms, fever, sore throat, cough, rash, etc. in the week before your surgery. If you have any questions or concerns, please feel free to call and discuss them. Our office phone numbers are 504-392-7123 or 504-300-9019.
10. Failure to comply with any of the above may result in a cancellation of your surgery.

I have read and understand all information set forth in this document, including any attachment. This authorization is, and shall remain, valid until revoked.

Patient Signature _____

Witness _____

Date/Time _____

Date/Time _____