



Bakersfield Neuroscience & Spine Institute

PATIENT PRE-OPERATIVE INSTRUCTIONS

You must bring your cervical collar/lumbar brace to the hospital and all your MRI's, CT's, and/or x-rays. If you do not have these items with you the day of surgery, your procedure could be canceled.

Before you undergo surgery of any type, there are quite a few things you need to do to prepare. You will be given a pre-op time to come to the office for a packet of forms that will be needed at the hospital. This packet must be taken to the hospital where you are to have surgery before your operative date. The usual preoperative things that need to be done include blood work, a heart function evaluation (e.g. EKG), and medical clearance by your internist.

To register at the hospital you must bring all of your forms from our office, including your health insurance ID card or policy. Be prepared to make financial arrangements with the hospital. Bring all medicines that you are currently taking to the hospital.

Our office will notify your insurance carrier of your scheduled procedure and will obtain the necessary **authorizations**. Please be sure that you have provided the office with the most recent insurance information.

Surgery time:

You should call the hospital the day before the surgery (as instructed during the hospital pre-op appointment) to find out what time you should arrive at the hospital on the day of your surgery. The majority of elective neurosurgical cases start at 7:30 a.m. Patients usually are required to arrive at the hospital at 5:30 am

- While everyone wants to be the first surgery of the day, it is simply not possible to accommodate everyone's desire. Your scheduled time is an estimate. Some procedures take longer than expected, while others take less time. You should be available to come in earlier if the hospital calls and asks you to do so.
- It is possible that your surgery may start later or last longer than expected. Sometimes a surgery takes longer than anticipated to do what is necessary. We appreciate your understanding.

Medical problems:

If you have any medical problems at all (such as diabetes, heart disease, liver disease, high blood pressure, etc) it is very important that you notify and visit your primary care physician or specialty physician. They will examine you and “clear” you for surgery. Please have your physician write a letter to your surgeon about his/her findings well in advance of the procedure.

It is especially important to notify our office if you have **ANY** history of heart problems so we can arrange for cardiac clearance prior to the day of surgery. *(Not doing so may result in cancellation of your surgery.)*

Medications:

Do NOT take Aspirin or any Non-steroidal Anti-inflammatory Drugs (NSAIDs) for ten (10) days prior to surgery!!

Common NSAIDs are (but no limited to):

- Ibuprofen/Motrin/Advil
- Alleve/Naprosyn
- Celebrex
- Mobic

Some of the common over the counter medications that contain aspirin or some form of NSAID are: Alka-Seltzer, Anacin, Bufferin, Ecotrin, Excedrin, Midol, Motrin, Naprosyn and Sine-aid. Please read the labeling on any medication you are taking or ask your pharmacist if the medication is associated with increased risk of bleeding. If you have any question as to whether a medication is safe to take, please call our clinic, or speak with your primary care physician.

Ask your surgeon if it is allowable to continue taking current pain medications until the time of your surgery. Tylenol and acetaminophen products are safe to take up to the time of surgery.

Blood Thinners:

If you are taking any blood thinners (including aspirin, coumadin, or heparin/Lovanox) you must see your specialist and coordinate being off your medication at least 10 days prior to surgery to avoid bleeding complications.

Our office **MUST** receive written medical clearance from your specialist stating you can stop the use of blood thinners prior to surgery.

Home Arrangements

You must arrange for transportation home when you are discharged from the hospital. You should not drive or operate any heavy machinery after surgery until authorized by your surgeon or his PA.

Do not forget to make arrangements for assistance at home. You will likely be limited in your ability to bend, twist, squat, stoop, or lift. You should expect to only be able to perform basic self-care for about one to two weeks after surgery (you may require assistance with bathing and wound care). If your living arrangements require climbing stairs, realize you may not be able to do so immediately after surgery.

It is very important to eat balanced meals to aid in recovery after surgery.