



GEORGETOWN ORTHOPAEDIC SPINE SURGERY

PREOP INSTRUCTIONS- General

Diet

In general the guidelines for diet are as follows: Eat three (3) well-balanced meals per day, including protein and calcium sources. Avoid in-between meal snacks, especially high calorie/high sugar foods. Drink plenty of fluids and add fruit to your diet.

Medicines

Many medications can interfere with anesthesia. Certain medications can interfere with blood clotting and healing. Avoid "arthritis" pills (aspirin, Motrin, Advil, Indocin, Clinoril, Voltaren, Feldene, etc.) for 7-10 days prior to your surgery. *To those patients undergoing spinal fusions we recommend not taking any of these medications unless okayed by your surgeon for a period of 12 weeks following surgery.* Plain or Extra-Strength Tylenol are acceptable. Also avoid alcoholic substances of any kind for at least 14 days prior to your surgery. Stop all hormone patches, pills (birth control, etc.). Stop any osteoporosis medications, ex: Fosamax, Evista, Vitamin E 30 days prior to surgery. Stop herbal supplements 30 days prior to surgery as well. **DO NOT STOP TAKING ANY PRESCRIBED MEDICATIONS WITHOUT CHECKING WITH THE PHYSICIAN THAT PRESCRIBED THEM!**

Activity

Continue your present activity if at all possible. For approximately three months post-op (for fusion surgeries) you will have difficulty sitting on sofas/loveseats. A chair with armrests is ideal for sitting for at least three (3) months after surgery.

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Smoking

Smoking is not permitted. Also, avoid being in the same room where others are smoking. Your primary care doctor can assist you in the use of nicotine patches on request.

Dental Work

Any dental work such as cleanings, root canal, etc., should be done four (4) weeks prior to your surgery or should wait until at least six (6) months after your surgery. If you should have a dental emergency that falls within the time frame outlined above please call our office immediately so that we may prescribe appropriate antibiotics prior to dental treatment.

Other

Notify your physician if there is an objection to receiving blood products during surgery.

Females (only)

Please have your annual pap smear and mammogram accomplished prior to surgery. Also keep in mind you will not be able to position in the washbowl at your hair salon for approximately three months post-op.

ALWAYS report any signs and/or symptoms of illness: temperature, cough, urinary infections, etc. It is preferable for you to be at your maximum level of health before undertaking major surgery.

*****Pre-op day can be very long and tiring. Please be prepared for possible long wait times at these appointments by bringing a book, or other comfort items to help with these wait periods.**