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Welcome

24 Hours Before Surgery

Do's

The day before your surgery, PLEASE CALL (585) 275-8256 between 2:30 p.m. and 7:00 p.m. to find out the time of your procedure and what time you need to arrive at our surgical center. If your procedure is being performed at Highland Hospital or at Golisano Children's Hospital, you will be given specific instructions at the time of your pre-op visit.

Eating and Drinking Guidelines

Adults/Adolescents (Ages 12+):

No solid food after midnight the night before surgery, including candy, gum, mints or chewing tobacco.

Clear liquids are okay up until four hours before surgery. This includes water, apple juice, clear sports drinks like Gatorade, and clear carbonated beverages.

Children (Ages 11 & under):

No solid food after midnight the night before surgery including candy, gum or mints.

ONLY clear liquids until three hours before arrival. Clear liquids include Pedialyte, water or apple juice (without pulp).

The Day of Surgery

When you arrive at the Strong Memorial Hospital Surgical Center, Highland Hospital or Golisano Children's Hospital, you will be taken to the pre-operative area where your surgeon(s) and anesthesiology team will meet with you to discuss the surgical plan. Nurses will start an IV and may give you medication to help you relax.

Wearing comfortable clothing

Wearing comfortable clothing, where you will be monitored during the procedure. (Wearing comfortable clothing is important for your safety.)

Wearing comfortable clothing is important for your safety. You will be monitored during the procedure.

Your surgeon will be with you throughout the procedure.

Wearing comfortable clothing at you will become comfortable during your surgery.

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The physical therapist (PT) and occupational therapist (OT) will work with you the day after your surgery and most days you are in the hospital. The PT/OT recommendations will determine whether you go home, or if you may need to go to a rehab facility until you are ready to go home.

Your normal breathing pattern can become shallower following surgery from the anesthesia and/or pain. If this occurs, it is important to try to resume your normal breathing pattern by taking deep breaths, which may help you cough up secretions. Your nurse or a respiratory therapist will teach you how to use an incentive spirometer, to perform a deep-breathing exercise.

A social worker will meet with you to address any needs you may have once you go home. If the recommendation is to go to a rehab facility, then the social worker will help you select one.

Incision Care

Your incision care will vary based on your surgeon's recommendations and the procedure performed. In most cases, dissolvable sutures will be used for your incision. If staples have been used, you will need to be seen within two weeks from surgery at the office to have the staples removed.

The incision is covered with steri-strips and gauze dressing that protects the wound. Do not remove these strips, they will fall off on their own. The dressing is

Caring for Yourself At Home

Once you are home, you will have some limitations and need to take precautions to avoid injury or infection. Here are some suggestions to help make your transition home as simple and safe as possible.

Pain Control

After your surgery, a local anesthetic will be injected into the surgical area to control post-operative pain. This will not take away your pain but will help manage it. After you are discharged, you will be prescribed narcotic pain medication to take home with you. Use this medication as instructed and only when needed. Many pain medications we may prescribe contain Tylenol. You should not take additional Tylenol without first discussing with your surgeon.

In some cases, anti-inflammatory medication may be recommended for pain control. Generally, if you have a spinal fusion, do not use anti-inflammatory medication for six weeks – please discuss with your surgeon first.

Pain medication may cause constipation, so, drink plenty of fluids, eat a high fiber diet and, if needed, use stool-softening medications.


