



NOTES:



SPINE SURGERY

AT SIOUX FALLS SPECIALTY HOSPITAL



**SIOUX FALLS
SPECIALTY HOSPITAL**
Innovative and Personalized Care



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Proud to be Physician Owned and Operated

BEFORE SURGERY

Prepare Your Body:

- Exercise: Regular activity (as tolerated) before surgery can help with your recovery.
- Healthy diet/weight management: Good nutrition is important before and after surgery to aid in the healing process.
- Quit smoking: Smoking is a leading risk factor for surgical complications. We strongly recommend you stop smoking as far in advance of your surgical procedure as possible.
- Stop certain medications (Blood thinners, NSAIDs): You may be required to stop certain medications before your surgery. Please check with your surgeon and your primary care provider regarding the use of blood thinners and NSAIDs (ibuprofen, Aleve, Motrin, aspirin).
- Shower as directed prior to surgery.
- Remove nail polish: please remove all nail polish/artificial nails before your procedure. This helps us monitor your oxygenation while you are in our care.

Prepare Your Home:

- Meal preparation: Plan to have frequently used items at table-top height so you can avoid bending or twisting at the waist. It will be helpful to have a few prepared meals in the freezer.
- Remove rugs, cords, and all other tripping hazards.
- Pet and mail arrangements: If necessary, arrange for assistance with pet care and mail pick up.
- Arrange for help with household tasks both inside and outside.
- Equipment: Often, patients do not need any equipment after having spine surgery. If assistive devices are necessary, arrangements can be made for you to get them while you are in the hospital. Consider installing hand railings or grab-bars if needed.

WHAT TO BRING TO THE HOSPITAL

- Insurance and prescription cards
- All labeled medications in prescription bottles EXCEPT pain medications
- Comfortable and supportive walking shoes
- Loose-fitting clothes
- Toiletries
- Cell phone charger
- CPAP machine or oxygen if you use it at home
- Assistive device if you use one at home
- You may bring electronic devices, Wi-Fi is available throughout the building

THINGS TO LEAVE AT HOME

- Large sums of money
- Valuables
- Jewelry
- Vitamins/supplements
- Pain medication
- Larger suitcase



MORNING OF SURGERY

- Shower as instructed
- Take medications as instructed
- Nothing to eat, clear fluids as instructed
- Arrive at the scheduled time
- Please use the valet parking
- Check-in with Registration

AFTER SURGERY

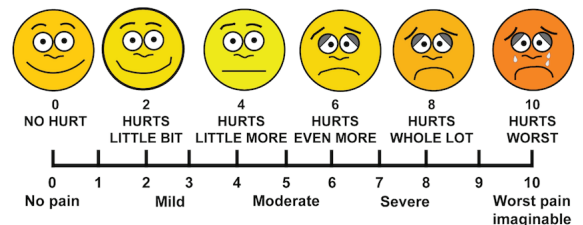
- Activity
 - You will be taught how to log roll and get yourself up out of bed.
 - You will walk within six hours of surgery
 - Avoid bending or twisting at the waist
 - Avoid lifting > 5-10lbs
 - Wear a back brace if it is ordered by your surgeon
- Recover to reach these goals so you can go home:
 - Well managed pain
 - Tolerating food and drink
 - Urinating and passing gas
 - Tolerating activity



PAIN MANAGEMENT

- The first step to managing your pain is to determine your level of pain. You will be asked to rate your pain on a scale of 0-10. Zero is pain free and ten means the pain couldn't be any worse.
- Set a pain control goal. It is not likely that you will be pain free after surgery. We do not want you to be in moderate to severe pain. Do not be afraid to ask for pain medications.
- **Prescription pain medications are not scheduled**
- Nursing will assess your pain level every 2 hours.
- Taking pain medications before activity will make the activity more tolerable.
- Effective pain management promotes healing and the ability to participate in daily activities.

PAIN MEASUREMENT SCALE



FREQUENTLY ASKED QUESTIONS

Q. What if I live alone and I don't have anyone to help at home?

- A. We recommend having a friend or family member stay with you at least the first 24 hours after returning home. We especially recommend someone there at night and someone available to check in on you throughout the day. You will need another person to drive you home.

**Q. What will I wear in the hospital? What clothes should I bring?**

- A. You will wear a hospital gown for at least the first 24 hours. Bring comfortable clothes/shoes that are easy to put on and take off and that can accommodate for swelling in the feet, as this is common after surgery.

Q. Will I need to go to an inpatient rehab facility such as a swing bed or a skilled nursing facility after surgery? Will I need Home Healthcare?

- A. Our patients typically do very well after surgery and can go home without services. If you have any questions regarding inpatient rehab or home health care please feel free to contact one of our discharge planning nurses at (605) 444-8205.

Q. When can I resume my daily activities?

- A. You can increase daily activities as tolerated within your doctor's guidelines.

Q. When can I return to work or hobbies?

- A. Discuss returning to work and hobbies with your surgeon.

Q. When can I resume housework and yardwork?

- A. Do not do housework or yardwork until your surgeon says it is ok. Doing regular work around the house can be hard on your back. If possible, have someone else do household chores until you have fully recovered.

Q. Do I have to do therapy exercises at home?

- A. No, there are no prescribed exercises upon discharge. Increase your walking daily. This is one of the best ways to heal and strengthen your back. It will also aid in relieving muscle spasms.

Q. Will I have pain medication to take home?

- A. A prescription for pain medication will be prescribed to the pharmacy of your choice.

Q. Will I be on antibiotics when I go home?

- A. Typically, you will not go home with a prescription for antibiotics. You will receive a course of IV antibiotics while in the hospital.

Q. When can I drive?

- A. Talk with your surgeon about when you can resume driving. You cannot drive while taking pain medication because it can impair your judgment and ability to operate the car safely.

Q. When will I get a call from the hospital before surgery?

- A. A pre-operative nurse will contact you 1-3 days before the date of surgery to verify your medical history and the scheduled procedure.

Q. Is there a place close by for my family to stay while I am in the hospital?

- A. One adult family member may stay with you in the hospital room. The Center Inn is a hotel that is attached to the hospital, you can call (605)334-9002 to make a reservation.

Please don't compare your surgery to anyone else's or even to a previous surgery that you've had. Each surgery is its own case and each person heals differently.

