

Spine Surgery CareMap: Your Hospital Stay

For _____

Getting Ready

Plans for Your Surgery

- Our goal is for you to be able to leave the hospital in ____ days. You will be ready for discharge when you achieve your milestones.
- Tell your primary care provider (PCP) about your upcoming surgery. If you do not have a PCP, talk with your clinic nurse.
- Set up a follow-up visit with your PCP for within 7 days of your discharge from the hospital after surgery.
- You will have a pre-anesthesia visit before your surgery to plan for your medicines during surgery.
- Make plans for someone to take care of your home and your pets while you are in the hospital.



Plans for Your Return Home

- Make plans for your ride home after your hospital stay. Make sure you can easily ride in the vehicle.
- You will need help with your care and preparing meals for 2 to 3 days after you get home from your hospital stay. Arrange for a friend or family member to be with you 24 hours a day during this time.
- Make sure you have all the tools you will need at home after surgery, such as a shower chair, commode, and reacher.
- Most patients go home when they leave the hospital, but some may need to go to a skilled nursing facility.
- If you have concerns about where you will go when you leave the hospital, tell your care team. They will set up a time for you to talk with a social worker.

Day Before Surgery

- Pack for your hospital stay. Ask your family or friends to bring your belongings after you have settled into your hospital room after surgery.

What you will bring (if needed):

- C-PAP machine
- List of medicines you now take
- Walker, wheelchair, cane
- Hearing aid, glasses, dentures
- Advance directive(s), if you have them

What your family can bring:

- Money for prescription co-pay (cash, charge, or debit card)
- Electronic devices and chargers

Do NOT bring:

- Medicines, unless you were told to bring them
- Jewelry and other valuables

Night Before Surgery

- Wash with the antibacterial soap that you received at your pre-surgery visit.
- Before midnight:** If you do not have diabetes, drink 1 carton of Ensure Clear that was given to you.
- Take 2 tablets of 500 mg Extra Strength Tylenol with your Ensure Clear (or with water, if you have diabetes).
- Starting 8 hours before your surgery time:** Do not eat meat or food that is high in fat.
- Starting 6 hours before your surgery time:** Do not eat anything. You may keep drinking clear liquids (drinks you can see through) up until 2 hours before you arrive for surgery.



Surgery Day

Before You Leave Home

- Wash again with the antibacterial soap again that you received at your pre-surgery visit.
- Take your daily medicines as you were told, with sips of clear liquid.
- If you do not have diabetes: Drink 1 carton of Ensure Clear 2 hours before you arrive for surgery.

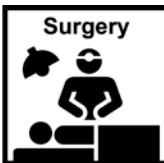
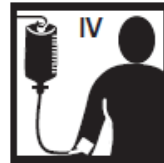


Starting 2 hours before you arrive for surgery:

- Do **not** eat or drink anything.

At the Hospital

- Check in at Surgery Registration on the ground floor of the Maleng Building (level G).
- Give staff at Registration a copy of your advance directive(s) if you have them.
- A nurse will call you to come to the pre-op area.
- If you have diabetes, your blood sugar will be checked.
- An *intravenous* (IV) tube will be placed in your arm to give you fluids, antibiotics, and pain medicine.
- Your nose will be swabbed with antiseptic to help reduce your risk of infection after surgery.
- You will be given a heating blanket to keep you warm, improve healing, and lower the risk of infection. Keep the blanket on even if you feel warm enough.
- The Anesthesiology Team will take you to the operating room for your surgery.

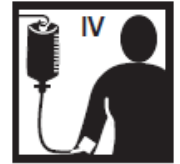


After surgery, you will:

- Be moved to a bed in a hospital unit.

You will have:

- An IV in your arm to give you fluids, antibiotics, and pain medicine.
- Wraps on your legs that inflate to help prevent blood clots.
- A tube in your bladder to remove urine.



Your nurse will help you:

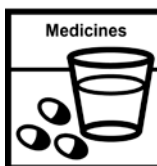
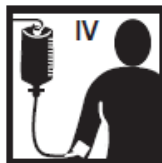
- Learn breathing exercises to prevent lung infection (pneumonia).
- Use your *incentive spirometer* and remind you to use it 10 times each hour every day while you are in the hospital.
- Travel from the unit to get a *computed tomography* (CT) scan, then return to the unit.
- Start a clear liquid diet.



Days 1 to 2 After Surgery

Medicines, Treatments, and Therapy

- Your pain will be managed by:
 - IV medicines
 - Patient-controlled analgesia (PCA), a button you control that provides pain medicine
 - Non-medicine methods
- Your nurse will remove your urine catheter early in the morning.
- You will wear leg wraps while in bed to help prevent blood clots.
- Your team will care for your dressing(s), incision, and drain(s).
- Your IV pain medicine will be stopped and you will start to take pain medicine by mouth.
- You will stand up for spine X-rays.
- If you had cervical spine surgery, you may see a speech therapist to assess your swallowing.



Diet and Activity

- To help with your recovery, your nurse or physical therapist (PT) will help you stand up.
- When you can swallow safely, you will start on a general diet. You will be able to order your own meals when your care team says it is OK.



Planning for Discharge

- Talk with a member of your care team about your discharge plan.
- If you have concerns about where you will go when you leave the hospital, tell your care team. They will set up a time for you to talk with a social worker.



Day 3 Until Discharge

Medicines, Treatments, and Therapy

- You will wear leg wraps while in bed to help prevent blood clots.
- Your team will care for your dressing(s), incision, and drain(s).
- If you had cervical spine surgery, you may see a speech therapist to assess your swallowing.

Activity

- Keep getting out of bed and increasing your daily activity as you can.
- If you are having problems with self-care tasks, you may see an Occupational Therapist for assessment.

Planning for Discharge

- You will be ready for discharge when:
 - You are urinating and passing gas
 - Your pain is well controlled during basic activity
 - Your drain is removed
 - Your wound is dry and has no sign of infection
 - You do not need your IV anymore
 - If you will go home at discharge, make sure that your ride home will be ready by noon on your discharge day and that you will have help at home. If your driver cannot come by noon, they may meet you in the discharge lounge.

Discharge Day	At Home After Discharge
<p>Medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> If you are going home, your doctor will write a prescription for new medicines. You may fill your prescription at Harborview or at the pharmacy of your choice. <input type="checkbox"/> If you are going to a skilled nursing facility, they will provide all of your medicines. <p>Continuity of Care</p> <ul style="list-style-type: none"> <input type="checkbox"/> Most patients go home when they leave the hospital, but some may need to go to a skilled nursing facility. <input type="checkbox"/> Your PCP will receive medical records from your hospital stay. <input type="checkbox"/> Your nurse will review your discharge instructions with you. <input type="checkbox"/> Congratulations on your progress with recovery! 	<ul style="list-style-type: none"> <input type="checkbox"/> If you go home after discharge: <ul style="list-style-type: none"> - 2 days after discharge, you will receive a follow-up phone call from a nurse to check on you. - During the 6 weeks after your surgery, if you need an opioid refill, call the pharmacist at 206.744.8701. - If you still need opioid pain medicine 6 weeks after surgery, visit your PCP for pain control. - See your PCP for any care issues that you need help with. <input type="checkbox"/> You will return to the Spine Clinic for follow-up care. Follow the instructions you received at discharge about setting up your follow-up visits. <input type="checkbox"/> Your surgeon may also want you to have other follow-up visits.



Questions or Concerns

Before Surgery

- Until 4 p.m. the day before surgery, call the Patient Care Coordinator at 206._____.
- After 4 p.m. on the day before surgery, call the Ambulatory Surgery Unit at 206.744.5432.

After Discharge

- Spine Clinic: Weekdays from 8 a.m. to 4 p.m., call 206.744.9340. Press 2 when you hear the recording.
- Community Care Line: After hours and on weekends and holidays, call 206.744.3276.