

Neuro-Spine Center

Pre-Op Class

Designated as a

Blue
Distinction®

Center for Spine Surgery



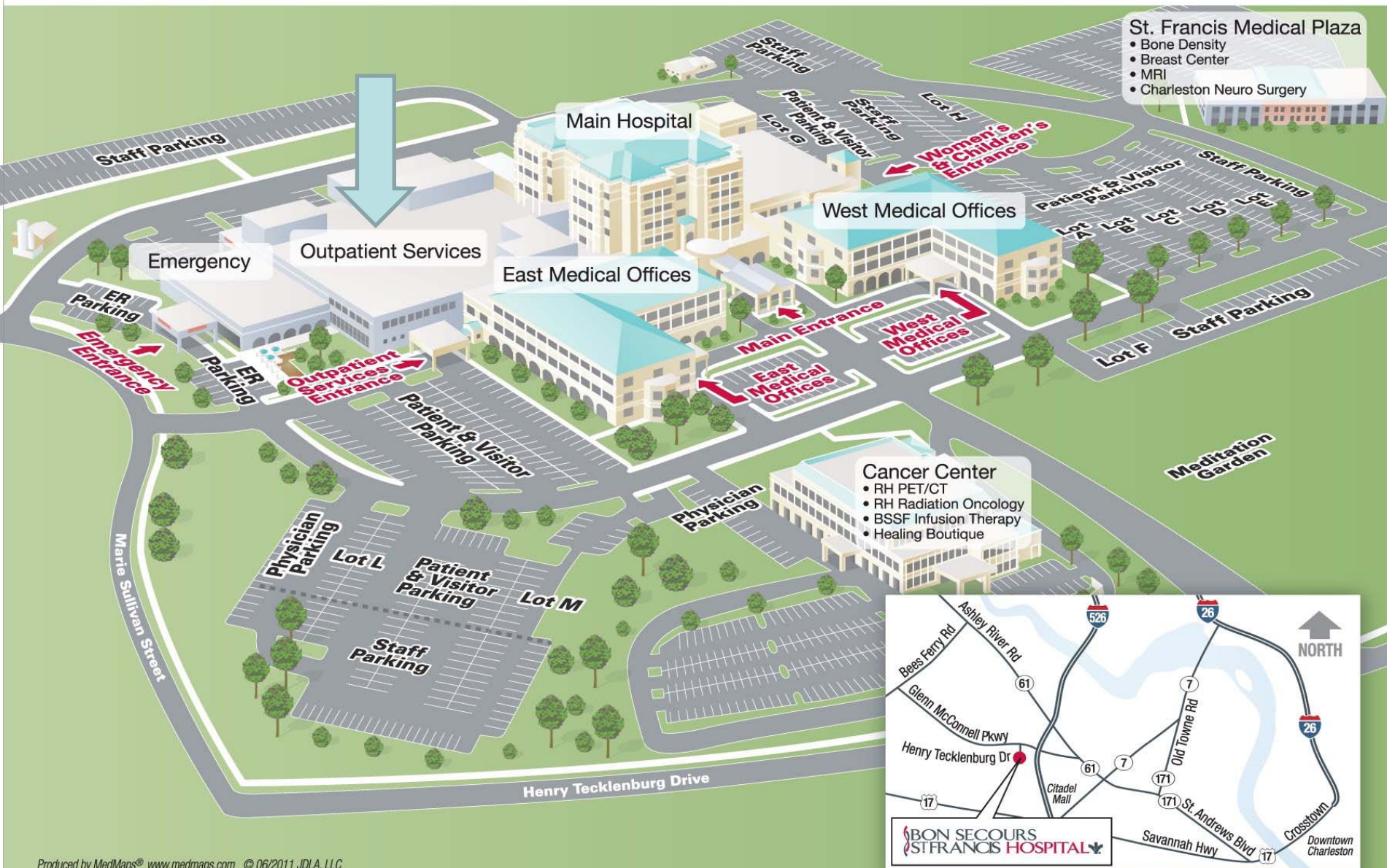
South Carolina

Official Seal of the State of South Carolina
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Neuro Spine Pre-Op Class

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Welcome

All patients are encouraged to attend the Class

- Mondays from 10:00 am – 12:00 pm
- Wednesdays from 10:00 am – 12:00 pm and 5:00 pm – 7:00 pm
- All classes held in 5th floor Conference Room at St. Francis Hospital
- Register for class at (843) 402-CARE
- Any questions about the **class**, call (843) 402-1503
- Any questions about your **surgery**, call (843) 723-8823

Class Objectives

Upon completion of this class, you and your home caregiver will be able to:

- Discuss your role in preparing for surgery
- Discuss the pre-operative phase
- Discuss your inpatient stay expectations
- Create an individual discharge plan
- Complete required lab work
- Tour the Neuro-Spine Center inpatient unit; a Virtual Tour is also provided on the website @ http://www.rsfh.com/virtualtours/stfrancis/tourfiles/flash/index_fs.html



Dr. Bailey



Dr. Rawe



Dr. Cuddy



Dr. Steichen



Dr. Khoury



Dr. Stuart

Your Neuro-Spine Center Team Members

- **Neurosurgeon** : A physician who is a graduate of medical school and has completed a Neurosurgery residency and in some cases an additional fellowship program. He will perform your operation and follow your progress related to your surgery.
- **Physician Assistant (PA)**: A physician assistant is a graduate of an accredited educational program who is nationally certified and state-licensed to practice medicine with the supervision of a physician.
- **Nurse Practitioner (NP)**: A nurse practitioner is an advanced practice nurse who is state-licensed and nationally certified to perform medical acts within written protocols with a supervising licensed physician for consultation.
- **Registered Nurse (RN)**: A RN provides much of your care and will be responsible for your daily medical needs. The RN will carry out all orders given by your surgeon, & NP/PA, including administration of your medications, tracking your vital signs and keeping your medical chart accurate.

Your Neuro-Spine Center Team Members

- **Patient Care Tech (PCT)**: A PCT assists you with many daily activities such as bathing, getting to the bathroom, changing clothes, and help with ambulating. They also track vital signs and report to the RN.
- **Physical Therapist (PT)**: A Physical Therapist is responsible for working with you after surgery to ensure you are walking and exercising correctly. They will work with you to regain upper and lower body strength as well as instruct you on "spine precautions" to follow after you leave the hospital
- **Occupational Therapist (OT)**: An Occupational Therapist is responsible for teaching you how to perform daily tasks such as bathing or dressing without hurting your back after surgery. They will also teach you how to use adaptive equipment such as reachers, shower benches, and raised toilet seats.

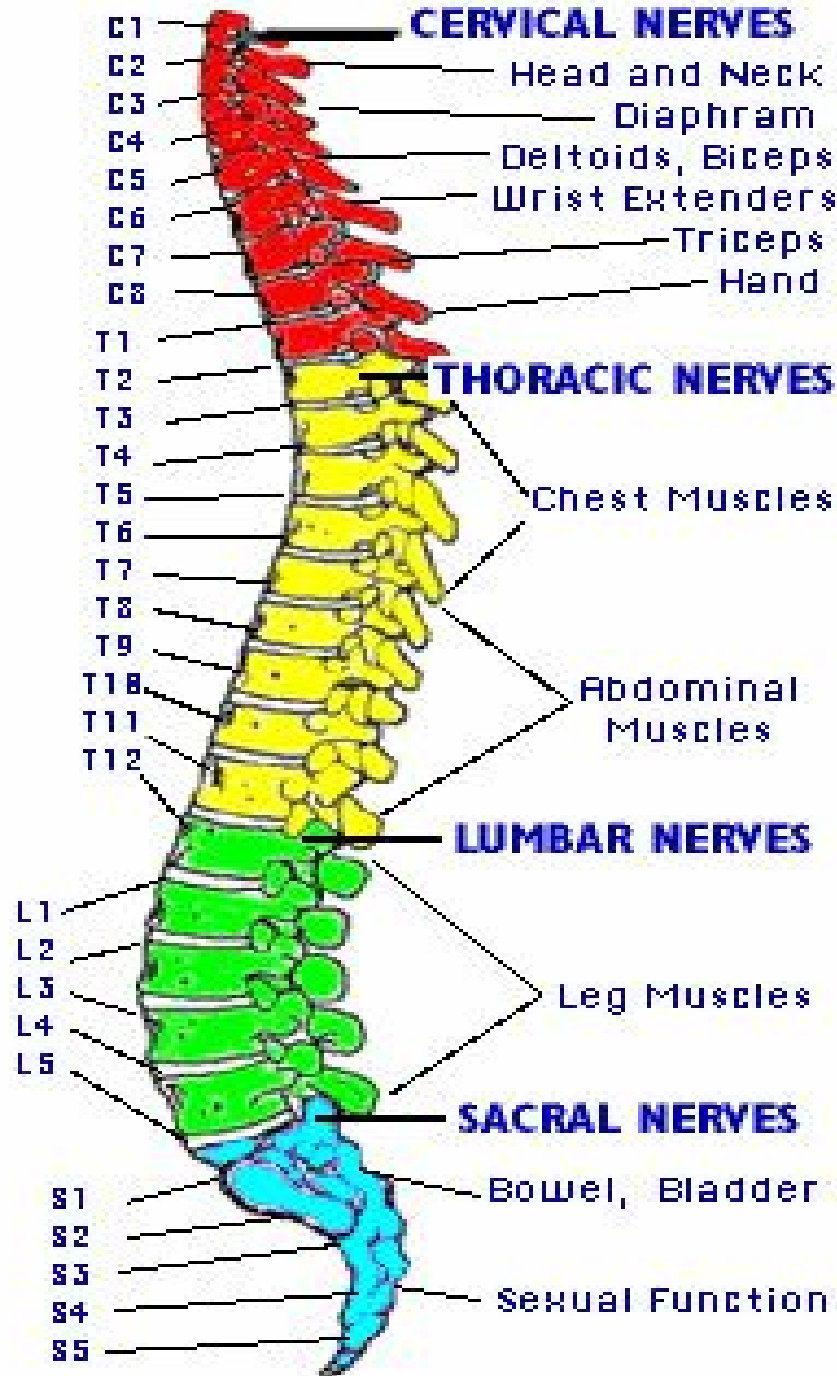
Your Neuro-Spine Center Team Members

- **Respiratory Therapist (RT)**: If needed, a Respiratory Therapist is responsible for giving you medications after surgery that will help keep your lungs clear. They may need to work with you on coughing and deep breathing exercises to prevent complications after your operation.
- **Discharge Planner**: will assist you in determining any discharge needs, setting up after care (rehab, skilled nursing facility, or home health), as well as any equipment ordered by your doctor
- **Orthotist**: An orthotist is responsible for fitting you with your brace. They will provide your physician's instructions including how to put your brace on and when to wear it

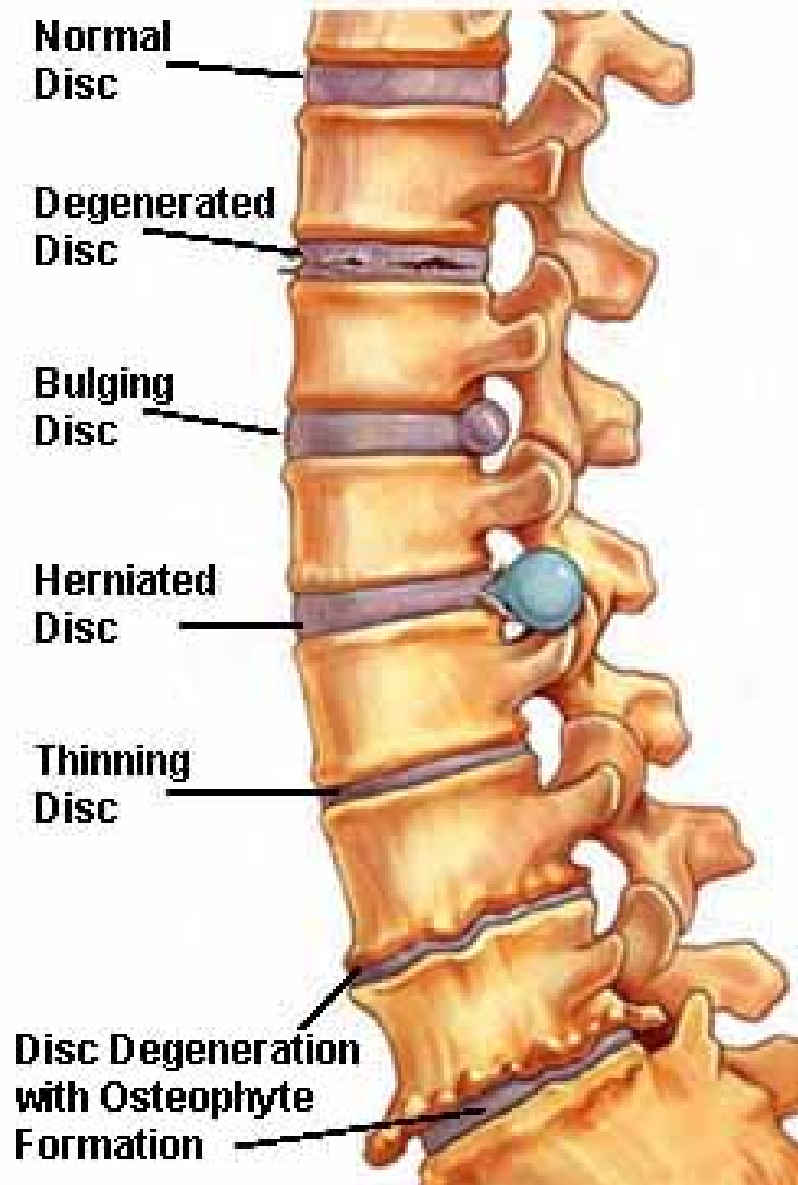
Anatomy

- The following pages offer general information on the spine's anatomy and spine surgeries
- For more information refer to our website at

http://www.rsfh.com/Departments_and_Services/Neurosciences_and_Spine_Services/SpineServices.aspx



Examples of Disc Problems



Spinal stenosis >>>>

Surgery Description

- **Anterior Cervical Discectomy Fusion (ACDF)** - The surgeon enters the front of the neck (*anterior* region) and removes a spinal disc (*discectomy*) which is replaced with graft material. The vertebrae above and below the disc are held in place with a metal plate. The goal is to help the bones grow together (*fusion*).
- **Posterior Cervical Decompression Fusion** - The surgeon enters the back of the neck (*posterior*) and removes part of the bone in your spine and disc between the vertebrae. Graft material and hardware are placed as needed to provide stability for the spine.
- **Lumbar Discectomy** - Surgical procedure to remove part of a problem disc in the low back
- **Lumbar Fusion** - Two or more bones in the lower back are fused together

Spine Health Videos

- <http://www.spine-health.com/>
- <http://www.spine-health.com/video/anterior-cervical-discectomy-video>
- <http://www.spine-health.com/video/spine-fusion-surgery-video>
- <http://www.spine-health.com/video/spondylolisthesis-symptoms-causes-and-treatment-options-video>

Preparation for Surgery

- Discuss discharge plan and caregiver arrangements
- Complete home medication form
- Complete necessary lab work, EKG and/or X-rays, as ordered, at least 1 week before surgery
- Obtain your brace, as ordered by your physician and be sure to bring it with you to the hospital
- Notify your surgeon if you experience any health-related changes such as: infection, illness or medication changes

Outpatient Diagnostic Center

Located on the first floor under the green awning



NOTIFY YOUR SURGEON IF YOU ARE TAKING

NSAIDS

- Advil
- Aleve
- Anacin
- Aspirin
- Feldene
- Daypro
- Ibuprofen
- Indocin
- Mobic
- Motrin
- Naprosyn
- Toradol
- Voltaren



BLOOD THINNERS

- Coumadin
- Plavix
- Pradaxa
- Aspirin
- In most cases, you will **stop** your blood thinner a week prior to surgery but this is based on your surgeon's preference
- Certain cold medicines and herbal supplements

Items to Bring to the Hospital

- *Completed* Home Medication Form
- Essential toiletries
- Assistive devices (i.e. walkers, canes)
- Denture case
- Contact solution and lens case
- Button down or zippered robe
- Hearing aides
- Tennis shoes
- Glasses
- Chapstick

Complete and Bring the Day of Surgery

- Home Medication Form
 - Our pharmacist will review **all** of the medications written on your form to assess for any possible drug interactions with medications given in the hospital. These interactions can be serious so please include all prescribed and over the counter medications on the form.
 - Please inform us of your current methods of pain management to help us effectively manage your pain while in the hospital and keep you as safe and comfortable as possible.

HOME MEDICATION FORM

Personal Information

Name:	Address:
Phone Number:	
Birth Date:	
Emergency Contact:	

Healthcare Information

Primary Care Doctor:	Pharmacy:
Phone Number:	Phone Number:
Other Doctors:	Pharmacy:
	Phone Number:

Adult Immunizations (include date of last dose taken if known)

<input type="checkbox"/> Pneumonia Vaccine	<input type="checkbox"/> Tetanus
<input type="checkbox"/> Flu Vaccine	<input type="checkbox"/> Other:

Allergies (include reaction if known – what happened)

LIST ALL MEDICINES YOU ARE CURRENTLY TAKING:

1. Prescription medications
2. Over-the-counter medications (examples: aspirin, antacids), vitamins, herbals (examples: ginseng, ginkgo), inhalers, eye drops, ear drops, patches, insulins, injectables,
3. Creams and ointments.
4. Medications taken as needed (example: nitroglycerin).

Drug Name	Dose	DIRECTIONS: (How many times a day? What times? As needed? Before or after meals)	Date Started	Date Stopped	Notes: Reason for taking / Doctor's name
Example: Norvasc	10 mg	Once a day at bedtime			Blood pressure

Medication Safety

- **Taking an active role in your own care can help prevent medicine errors.** Your doctor, nurse and pharmacist are available to answer your questions.
- **What You Need To Know About Each Medicine:**
 - Notify healthcare provider of any allergies
 - Name of each medicine and why you are taking it
 - When to take the medication and the correct dosage?
 - What to do if I miss a dose?
 - Side effects and what to do if I experience side effects?
 - Consult doctor or pharmacist prior to taking any other medicine, including over-the-counter medicine, vitamins, or herbals?
 - Continue medication as prescribed by your doctor
 - Consult your healthcare provider if you have any questions

Day Before Surgery

- Do not eat anything after midnight
- You may drink clear liquids up until 4 hours prior to your surgery
- Avoid alcoholic beverages 18 hours prior to surgery
- Avoid smoking after midnight



Day of Surgery

- Park on ER/Outpatient side of hospital
 - Refer to map on page 2
- Register with Admitting
- Pre-Op Holding Unit
 - Review of your medical history *again*
 - Review the pain scale
 - Place an IV
 - You will be seen by Anesthesiologist, CRNA and the OR Nurse

Day of Surgery

- **Operating Room**
 - Your surgery time will vary depending on the type of surgery
 - Your family can wait in the waiting room and will receive updates from the OR and the recovery room
- **Recovery Room**
 - You will wake up in the recovery room where they will be continuously monitoring your vital signs and assessing your pain level until you are ready to transfer to the Neuro Spine Center

Post –OP Neuro Spine Center

- You will be assessed by your Neuro Spine nurse for pain, vital signs, strength and sensation; and educated on the fall prevention protocol
- Your incision care will be managed according to the physician orders

0	No Pain	
1-2	Slight	
3-4	Mild	
5-6	Moderate	
7-8	Severe	
9-10	Horrible	

Braces

Sometimes they are ordered



Back Brace
(Lumbar Spinal Fusions)



Miami J Collar



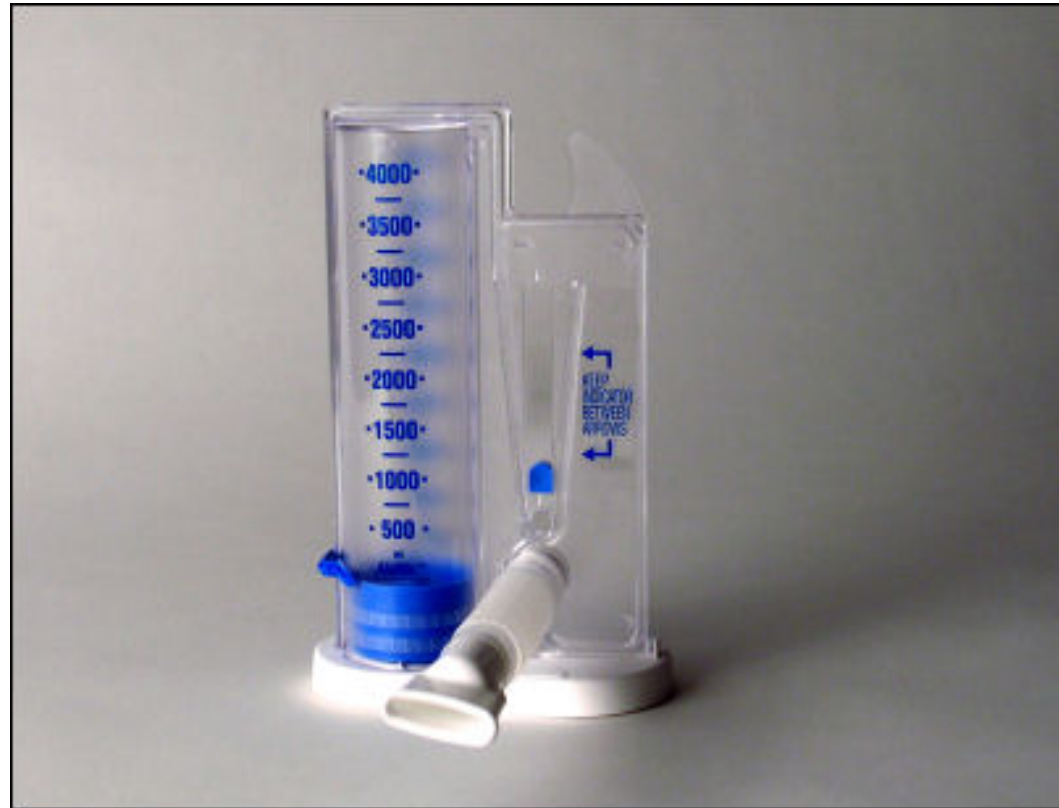
Thoracolumbosacral orthosis

Boston Overlap Brace/TSLO

Incentive Spirometer Prevents Pneumonia

How to Use

1. Make a tight seal on the mouth piece with your lips
2. Blow as much air as possible out of lungs
3. Now suck the air back in through the incentive spirometer at a slow, steady rate
4. Use approximately 10 times per hour or whenever a commercial is on TV.



Hemovac Drain

Collects
excess blood
that may be in
the incision.

It is usually
taken out the
next morning



Sequential Compression Devices (SCDs)

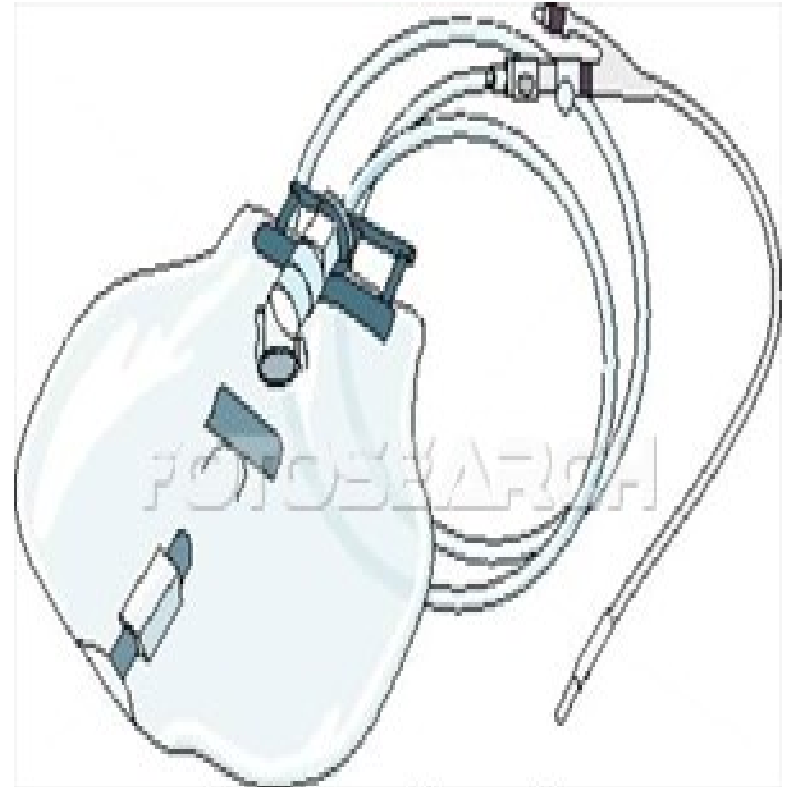
SCDs are given to all patients. They are attached to a machine at the foot of your bed and air is alternately pumped in to the device on each leg

Used to prevent blood clots.



Foley Catheter

The catheter is placed prior to surgery and usually removed by 6 a.m. the following morning.



nu104002 www.fotosearch.com

Preparing for Life After Surgery

- Your at-home caregiver will be assisting you upon discharge from the hospital.
- Things you may need someone (Coach) to help you with:
 - dressing changes
 - running errands
 - provide transportation for appointments
 - preparing meals
 - walking
 - household chores
- Please make sure your house is clutter free; no area rugs or anything in the way that may cause you to trip or fall.

Nutrition

Follow a well-balanced diet to help your body heal

Constipation Prevention

- Drink water
- Eat fresh fruit and vegetables
- Eat whole grains and fiber
- Walk frequently
- Use stool softeners and/or laxatives

Aids in Urination

- Drink plenty of fluids
- Empty your bladder



Activity

Walking

1. Daily walking will help your recovery
2. Please do not walk alone
3. Plan rest periods
4. Gradually increase the length of time and distance
5. Walk twice a day

Brace

1. Follow instructions given
2. Do not wear it for quick trips to bathroom or in the shower
3. Generally required to wear 3-4 months after surgery

General

1. Avoid pushing, pulling, bending, or twisting motions and household chores for a few weeks
2. Do not lift greater than 10 pounds
3. Sitting or standing for longer than 30 minutes can cause back pain so change position frequently.
4. Avoid driving until allowed by doctor. No driving if taking narcotics or sedating medications.
5. Log roll when getting out of bed
6. Exercises may include flexing and straightening your arms and legs

Incision Care

Keep incision clean and dry & follow discharge instructions for dressing care

Check incision daily for swelling, redness and/or drainage

May shower as instructed and pat dry afterward

No lotions, creams and ointments until completely healed

No tight fitting clothing until incision is healed

Call the Doctor for:

Redness, swelling or drainage around the incision

Fever above 101.5 orally or chills

New weakness in arms or legs

Pain not relieved by prescribed pain medication

Unable to swallow liquids after neck surgery

Swelling at incision

Call 911!

FOR DIFFICULTY BREATHING

Floyd Brace

West Ashley
1064 Gardner Road,
Suite 102
Charleston, SC 29407
Phone: (843) 573-9430
Fax: (843) 573-9431

Downtown
243 Calhoun Street
Charleston, SC 29401
Phone: (843) 722-8827
Fax: (843) 723-7099

North Charleston
9231-F Medical Plaza Drive
North Charleston, SC
29406
Phone: (843) 824-0625
Fax: (843) 824-0127

Walterboro
138 Bells Highway
Walterboro, SC 29488
Phone: (843) 782-3638
Fax: (843) 782-3637

Georgetown
407 Church Street
Unit D
Georgetown, SC 29440
Phone: (843) 546-8555
Fax: (843) 545-0142

<http://www.floydbrace.com>

Carolina Orthotics & Prosthetics

N. Charleston

Carolina Orthotics & Prosthetics
3465 West Montague Ave
North Charleston, SC 29418
P: (843) 577-9577
F: (843) 577-9574

Murrell's Inlet

Carolina Orthotics & Prosthetics
11945 Grand Haven Dr. Ste E
Murrells Inlet, SC 29576
P: (843) 651-5347
F: (843) 651-3451

Myrtle Beach

Carolina Orthotics & Prosthetics
9714 N. King's Hwy Ste 142
Myrtle Beach, SC 29572
P: (843) 497-9558
F: (843) 497-9130

Spartanburg

Active Mobility Upstate, LLC
138 Crockett Street
Spartanburg, SC 29303
P: (864) 541-0028
F: (864) 541-0027

Beaufort

Carolina Walk
2210 Mossy Oaks Rd.
Port Royal, SC 29935
P: (843) 379-9047
F: (843) 379-9048

Bluffton

Carolina Walk
300 New River Parkway
Building 6 Ste 12
Hardeeville, SC 29927
P: (843) 208-2320
F: (843) 208-2321

Columbia

Capital Prosthetics & Orthotics
1455 Harden Street Ext.
Columbia, SC 29201
P: (803) 799-5063
F: (803) 252-0872

<http://carolinaopmb.com/>

Hospital Services

- Visiting hours 9 am to 9 pm
- ATM machines and Vending Machines located on 1st Floor
- Gift Shop
 - Monday-Friday 9:00-6:00
 - Saturday 12:00-5:00
 - Sunday 12:00-5:00
- Cafeteria Hours
 - Breakfast
 - 6:30-10:00
 - Lunch
 - 11:00-2:30
 - Salad Bar, Condiments, Drinks
 - 2:30-3:30
 - Dinner
 - 4:30-7:00
 - Dinner (Weekends and Holidays)
 - 4:30-6:30

Quick Reference

- Preadmission Testing (843) 402-1387
- Pre-Op Class Enrollment (843) 402-CARE
- Patient Representative (843) 402-1194
- Patient Case Manager (843) 402-1916
- Neuro-Spine Center
Clinical Manager (843) 402-1503