GUIDE TO SPINE SURGERY

LANCASTER ORTHOPEDIC GROUP

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www.lancasterortho.com

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THANK YOU FOR CHOOSING LANCASTER ORTHOPEDIC GROUP!

Welcome to our Spine Program!

You likely have many questions about spine surgery. This booklet is designed to provide you with the information you need as you prepare for surgery and your post-surgical recovery.

We hope this information helps to ease any anxiety and prepare you for a successful recovery.

Lancaster Orthopedic Group

Lancaster Orthopedic Group has been bringing the most innovative surgical approaches to our patients since 1985. We combine this clinical excellence with a focus on the patient experience, and on working closely with patients to help them achieve their goals.

Spine Surgery

Spine surgery is a medical procedure in which damaged or diseased parts of the spine—such as discs, vertebrae, or nerves—are repaired, removed, or stabilized to relieve pain, restore function, and improve mobility. Common techniques may include spinal fusion, disc replacement, or decompression procedures like laminectomy and discectomy.

Spine surgery is one of the most frequently performed neurosurgical and orthopedic procedures, with over 1.6 million spine surgeries performed each year in the United States. These procedures are often used to treat conditions such as herniated discs, spinal stenosis, scoliosis, and degenerative disc disease.

While some spine surgery procedures are still performed in a hospital setting, many are now done on an outpatient basis, where recovery time is outstanding and studies show a decrease in the likelihood of infections, and an increase in patient satisfaction.

Risks and Complications

Your doctor will explain the potential risks and complications of spine surgery. Most complications can be treated successfully. Some of the more common complications of spine surgery include bleeding, infection, blood clots, nerve injury, and implant problems like loosening or dislocation.

Our program is designed to reduce the risk of these complications. Your education and ability to actively participate in your care will be critical in this effort. Complications can happen but we do everything we can to prevent and mitigate problems.

Anesthesia

There are several anesthesia options. Your team will recommend the best approach for you. Our goal is to make your surgical experience as comfortable and safe as possible.

- General Anesthesia: Puts you to sleep following an injection of medication into your IV; you will not feel any pain and you will be completely asleep throughout surgery.
- Monitored Anesthesia Care (MAC): Often referred to as “twilight”, a continuous, slow infusion of medication through your IV helps to keep you in a light sedation and comfortable throughout your surgery.
- Spinal Anesthesia: An injection of medication into your middle to lower back that coats the nerves to numb and limit movement for a period of time.
- Nerve Block: An injection around a nerve bundle, numbing the limb for a period of time. This is typically used for a total knee replacement.

OUR SPINE PROGRAM

Our program has been designed by our surgeons to provide you with a seamless experience, guiding you through every step of the process.

Every component of the program is intended to give you the best chance at a speedy recovery and the ability to get back to doing the things you love.

Your Team

A team of people will work on preparing you for the procedure and assisting with your recovery.

- Your Orthopedic Surgeon
- An Advanced Practice Provider (Physician's Assistant or Nurse Practioner)
- Surgical Scheduler
- Surgery Center or Hospital Staff
- A Nurse Navigator/Care Coordinator
- Your Physical Therapist

My Important Information

My Surgeon_____

My Coach/Support Person _____

Surgery Date/Time_____

Office Phone Number_____

Post-Operative Apointment_____

Physical Therapist_____

Therapy Date_____

Surgery Location (**check box below**):

- ☐ LOG Surgery Center
- ☐ Wellspan - Ephrata
- ☐ UPMC - Lititz
- ☐ Reading Surgical Center
- ☐ Physicians' Surgery Center
- ☐ Penn State Lancaster Medical Center
- ☐ Penn State St. Joseph Medical Center
- ☐ Lancaster General Hospital
- ☐ Surgery Center of Lancaster

YOUR SPINE SURGERY JOURNEY

From the moment you and your surgeon decide that you are a good candidate for spine surgery, we'll guide you through the entire journey!

Medical Clearance

Preparing for Surgery

Medications and Supplements

Health Optimization

Day Before Surgery

Day of Surgery

Post-Op Care

Active Recovery

1 MEDICAL CLEARANCE

It is CRITICAL that you help us to ensure everything on this checklist is addressed in a timely manner!

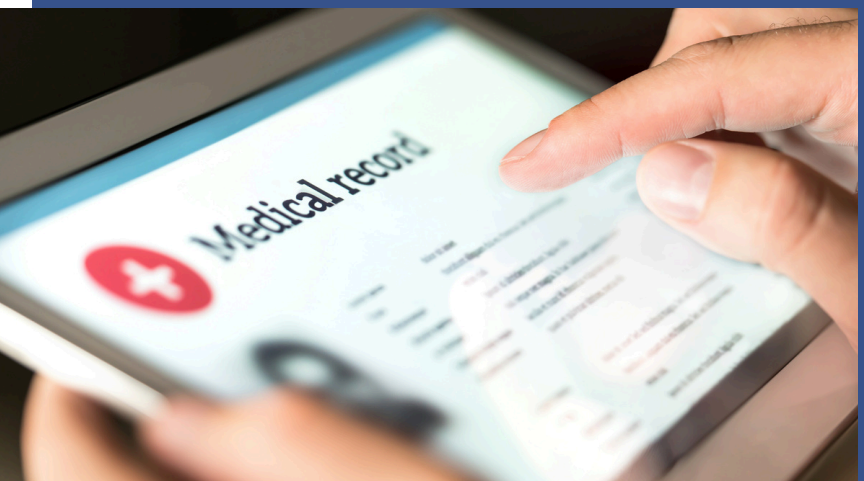
Before we can perform your surgery, we need to understand your health so we can reduce the risk of complications and give you the best chance for a speedy recovery.

The medical clearance process will differ for each patient. **Your team will determine what examinations or tests are required in your situation and provide you with specific instructions.**

Medical Clearance Checklist

See the specific list provided by your physician.
It may include any of the following:

- ☐ Blood tests or other lab work
- ☐ EKG to check your heart
- ☐ Evaluation by your Primary Care Physician
- ☐ Evaluation by a heart or pulmonary doctor (if needed per PCP)



2

PREPARING FOR SURGERY

Your Home Support Team

You'll need someone to be with you on the day of surgery and for the first 24 hours after the procedure.

Preparing Your Home

- Remove throw rugs or small area rugs as these create a tripping hazard.
- Be sure you have a path that is free of clutter and wide enough for a walker (required).
- Have a chair ready that is comfortable, firm and has armrests.
- Consider having nightlights in key areas - hallways, bedroom and bathrooms.
- Have a plan to ensure that pets and small children don't interfere with your ability to get around.
- Have items you use frequently within easy reach (glasses, phone, food and medications).

Physical Therapy and Exercises

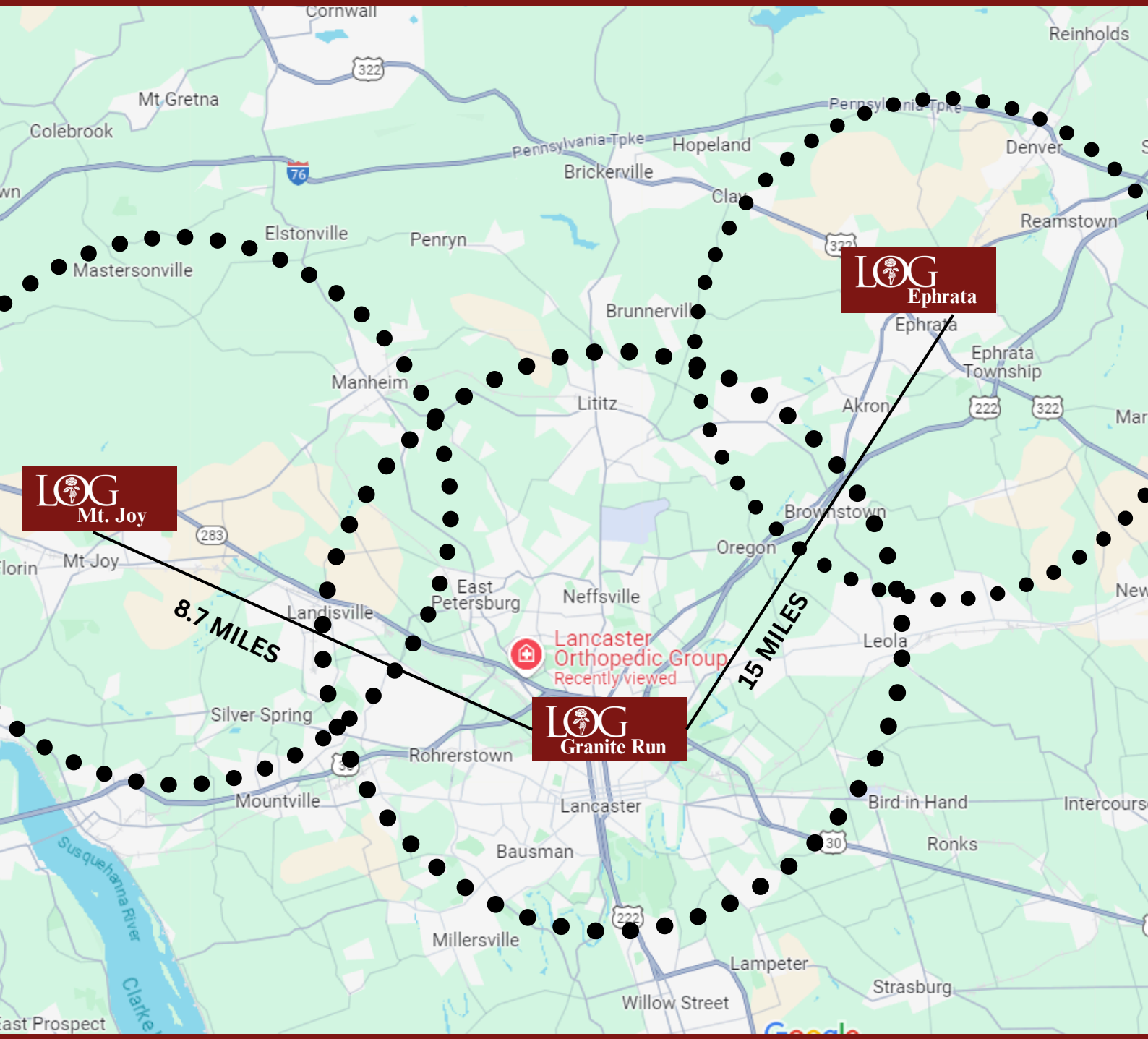
Patients who start physical therapy BEFORE surgery tend to do better AFTER surgery.

- Your surgeon may schedule you for a "pre-hab" visit with one of our therapists.
- You'll learn how to use an assistive device like a walker and how to prepare your home for your return after surgery.
- You'll be instructed in exercises that you should start doing BEFORE surgery. This will ensure that you understand the exercises and give you a head-start on improving your strength, balance and mobility - all of which will help to speed your recovery.

Lancaster Orthopedic Group

Sports, Hand & Physical Therapy

Three convenient locations



2 PREPARING FOR SURGERY

You will need some special equipment at home. Before your surgery, you can talk to your team and therapist about what you'll need so you can have it in advance.

Assistive Devices/Personal Aids and Equipment You May Need:

Bedside Commode (If Desired)

Elevated Toilet Seat (If Desired)

Soft cervical collar

Back Brace

Reacher (If Desired)

Other devices that could be helpful:

- Long-handled sponge
- Dressing stick
- Long-handled shoe horn
- Sock aid
- Tub transfer bench
- Shower chair
- Cervical and lumbar braces & corsets

3 MEDICATION AND SUPPLEMENTS

Any medications or supplements you take can have an impact on your surgery.

You'll be provided specific instructions regarding what medications to continue/discontinue and when. **Please read these instructions carefully and if you have any questions contact your team.**

Diabetes/Insulin

- Manage your diabetes before surgery to reduce complications after surgery, such as infection.
- Stress can affect your glucose levels before and after surgery.
- Your diabetes and insulin will be managed with your team through thorough pre and post op.
- GLP-1 medications must be stopped 7 days pre-op.

Blood Thinning (Anticoagulation) Medications

- If you normally take anticoagulants (such as aspirin or other blood thinners), your surgeon will tell you when it is safe to restart them—typically 3–5 days after surgery.
- **Please take as advised by your surgical team.**

Non-Steroidal Anti-Inflammatory Drugs (NSAIDs)

- NSAIDs, such as ibuprofen (Advil, Motrin), naproxen (Aleve) should be stopped 2 weeks before spinal fusion surgery. These medications can increase bleeding during surgery.
- If you are having a spinal fusion, do NOT take NSAIDs unless specifically approved by your surgeon, as they may interfere with bone healing and fusion.

Herbal Supplements

- Stop taking herbal supplements ten days prior to surgery.
  - Examples: CBD Oil, Echinacea, Ephedra, Vitamin E

Will you need to STOP medications?

Please discuss with your provider before stopping any medication as each medication is time dependent.

- All weight loss medications will need to be stopped
- All blood pressure medications will need to be stopped
- All diabetes medications will need to be stopped
- All blood thinners will need to be stopped

4 HEALTH OPTIMIZATION

Your overall health will play an important role in how well you do during and after surgery.

Nutrition

Eating healthy foods before your operation and in the days following surgery will impact your recovery. A healthy diet will speed your healing.

Loss of appetite is common after an operation, but it is important to take pain medicine with food to prevent nausea.

Here are useful resources for eating healthy. If you have specific questions, please ask your team!

Weight Management

Talk with your doctor regarding your weight management. It is often advised that patients lose weight before surgery to improve their recovery.

Helpful resource: *www.myplate.gov, www.eatright.gov*

Alcohol

Before surgery, be honest with your health care providers about your alcohol use and how frequently you drink.

This information helps determine if you are at risk for alcohol withdrawal or other alcohol-related problems that could occur after surgery and affect your recovery.

Smoking

Smoking may:

- Cause breathing problems, increasing the risk of medical complications
- Slow recovery and slow fusion time
- Increase the risk of infection and blood clots after surgery

We encourage you to quit at least a few weeks before surgery.

REMINDER: LOG Surgery Center is a smoke-free facility

5 THE DAY BEFORE SURGERY

You will receive a call to confirm the procedure and the time you need to arrive. For Monday Surgeries, we'll call you on Friday.

Shower/Bathing Instructions (*LOGSC and WECH*)

The night before and the day of your surgery, take a shower or bath with 4% Chlorhexidine (Hibiclens) soap. **This can be purchased from a local pharmacy.** You will need a total of 4 ounces. This special soap reduces the number of germs on your skin.

- Moisten skin with water
- Apply 4% CHG soap (about 2 oz.) to your body with a washcloth from the neck down. DO NOT APPLY ABOVE THE NECK.
- Avoid contact with eyes and ears. (If necessary, rinse eyes with water for 15 minutes and seek medical attention if burning persists.)
- Wash with special attention the area where the incision will be and any skin folds.
- Keep soap on your skin for at least one minute and rinse thoroughly.
- Do not scrub skin too hard.
- Use a clean towel to dry.
- Do not apply lotions, sprays or powders.
- Put on clean clothes.
- **YOU WILL REPEAT THIS PROCESS IN THE MORNING SO KEEP THE BOTTLE OF HIBICLENS.**

Shower/Bathing Instructions (LGH Penn Medicine, Penn State LMC and St. Joseph Medical Center)

Please pick up your free 2% Chlorhexidine Gluconate wipes from one of our LOG's office locations (Lancaster, Mt. Joy or Ephrata).

Please follow the instructions on the back of the package the night before to prepare for your surgery.

The Evening Before Surgery:

Follow these and any other guidelines provided to avoid a delay or cancellation of your surgery!

DO **NOT** consume any of the following after midnight:

- Food
- Milk Products
- Orange Juice
- Broth
- Jello
- Mints/Candy/Gum/Cough Drops

IMPORTANT:

- No alcohol starting the evening before the procedure
- No tobacco products after midnight

PLEASE BE AWARE:

- Contact the center or your surgeon if you have a cold, fever or rash.
- Contact the facility if there are any open areas or abnormalities to the operative area/limb.

6 THE DAY OF SURGERY

When to Arrive

Please arrive at _____.
If you are delayed please call the facility to inform staff that you will be late. (Phone numbers provided on the following page).

Getting Ready for Your Procedure

- Remove all jewelry (including wedding bands and body piercings).
- Do not apply make-up, hairspray, perfume, or cologne.
- Wear loose, comfortable clothing.
- If you wear false eyelashes, we recommend removal prior to your procedure.
- Continue to follow dietary restrictions. **REMINDER**: **You may only have clear liquids after midnight. You should have nothing by mouth, including clear liquids for the two (2) hours immediately prior to your arrival.**
- You'll be provided a locker or bag for your personal items. Please leave all valuables at home or with a family member. The facility will not be responsible for lost or stolen items.
- If you wear contact lenses, glasses, a hearing aid, a partial plate, or another prosthesis, you may be asked to remove them prior to your procedure.
- If you are female between the ages of 12-55, you may be asked to take a pregnancy test.

You may have moderate amount of clear liquids (12 oz.) up to two (2) hours prior to your scheduled arrival time on the day of your surgery. No carbonated beverages please.
Acceptable clear liquids:

- Gatorade (not including Red)
- Water

IMPORTANT:

You should have nothing by mouth for the two (2) hours prior to your scheduled arrival time.

Please Bring with You

- Your current medication list
- List of allergies you may have to medications, latex or food
- Insurance cards
- Photo ID
- A copy of your advanced directive or living will, if applicable
- Any payment required for your surgery
- If you have an insulin pump or spinal cord stimulator, bring the remote

6 THE DAY OF SURGERY

Address and Phone Numbers:

Bathing Instructions:

LOG Surgery Center

413 Granite Run Drive
Lancaster, PA 17601

(**NOT** at the main LOG office at 231 Granite Run Drive)

Phone: 717-925-2900

Repeat the 4% CGS shower or bath before leaving home.

Penn State Lancaster Medical Center

2160 State Rd, Lancaster, PA 17601

Phone: (223) 287-9000

The hospital will provide you with wipes when you arrive to use the day of your surgery.

Penn State St. Joseph Medical Center

2500 Bernville Rd, Reading, PA 19605

Phone: (610) 378-2000

The hospital will provide you with wipes when you arrive to use the day of your surgery.

Wellspan Ephrata Community Hospital

169 Martin Ave, Ephrata, PA 17522

Phone: (717) 733-0311

Repeat the 4% CGS shower or bath before leaving home.

UPMC - Lititz

1500 Highlands Dr, Lititz, PA 17543

Phone: (717) 625-5000

UPMC will call you before your surgery regarding any soap or wipes necessary.

Lancaster General Hospital

555 N Duke St, Lancaster, PA 17602

Phone: (717) 544-5511

The hospital will provide you with wipes when you arrive to use the day of your surgery.

6 THE DAY OF SURGERY

The Pre-Operative Area

Once you are registered, you will be taken back to the pre-operative area. You will be asked to change into a surgical gown and remove all jewelry (your belongings will be placed in a secure place). The staff will assess you, take your vital signs and place an intravenous catheter (IV). At this time, you will receive fluids and medication, your surgical site will be prepped for surgery, including shaving if needed. Your surgeon and anesthesia provider will come speak with you and answer any questions.

Expect to spend about 1-1.5 hours in the pre-op area.

The Post Anesthesia Care Unit (PACU)

Once your surgery is complete, you will be transported to the PACU. During this time your surgeon will update your driver/support person. The PACU team will monitor your vital signs and continue to provide IV fluids. Staff will also assess you, your surgical site, pain and sensation. Sequential compression devices will be applied to both lower legs in addition to ice to your surgical site. Once you are more awake, your driver/support system will join you in the PACU. You will be provided a drink and a snack at that time.

Lumbar Fusions:

Once you are able to, with the assistance of the facility's staff, you will walk 100 feet, use the restroom and practice navigating a step up/step down with your walker. When this is all completed, you are eligible for discharge to your home.

Expect to spend about 2 hours in the PACU area.

Discharge and Getting Home - Discharge the <u>SAME DAY</u>

Please make arrangements for a responsible adult to accompany you and stay at the facility during the procedure. He or she must drive you home and remain with you overnight as required by anesthesia guidelines.

For 24 hours after receiving anesthesia, you should not operate a motor vehicle or power equipment, drink alcohol, make important decisions or sign legal documents.

You will be discharged according to your surgeon's instructions. The adult accompanying you must come to the reception desk for instructions. Following this, you'll be taken out by wheelchair. You cannot take an Uber, Lyft, Taxi or similar service.

Discharge and Getting Home - Discharge after an OVERNIGHT STAY

Diet

- IV Fluids will be stopped when you are able to eat and drink.
- Drink plenty of fluids unless you have restrictions. Aim to drink eight to ten 8oz glasses of water a day.

Medications

- Necessary medications will be ordered by your surgeon (i.e. pain medications, blood-thinners, anti-nausea, antibiotics etc.)
- Medications that you regularly take will also be ordered by your surgeon.

Treatments

- Staff will continue to check your temperature, heart rate, breathing, blood pressure and oxygen levels throughout your hospital stay.
- Staff will assist you with daily bathing while you are in the hospital.
- Cold packs may be used to reduce pain and swelling.
- Staff may recommend elevating your legs or compression pumps when you are in bed.
- If you have a urinary catheter, the nurse will remove it within a few hours following surgery.
- There will be a dressing (bandage) over your incision.

Activity:

- **DO NOT** get out of bed without help from a staff member throughout your hospital stay.
- Our surgeons will advise you to get out of bed the day of surgery to help recovery and prevention of complications. Inform nursing staff if getting out of bed becomes too painful to participate in therapy exercises while in the hospital.
- Nursing and therapy will help you walk in the room and in the hallways. A walker or gait belt may be used to help reduce your risk of falling.

Getting Ready to Go Home:

- **Before leaving the hospital, please ensure that you have and your coach understand all of the discharge instructions, including:**
  - Pain management
  - Medications
  - Incision care
  - Signs and symptoms of infection
  - Prevention of blood clots
  - Exercise program
- You can plan for discharge from the hospital when you:
  - are medically stable
  - able to tolerate a diet
  - can urinate
  - meet the physical therapy goals
  - can control your pain with pain medication
  - are approved for discharge by your surgeon and medical provider.

7 POST-OPERATIVE CARE

Managing Pain

ICE apply ice to the surgical site to decrease both pain and swelling.

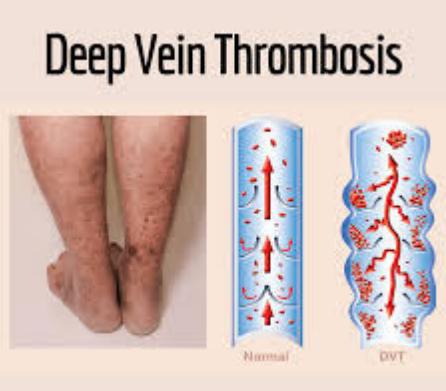
Medicate a prescription for pain medication will be sent to your preferred pharmacy. **To ensure the best recovery, please talk with your healthcare provider about which medications you'll need after your surgery.**

Preventing Blood Clots

- Start moving and walking as soon as it's safe to do so.
- **If you normally take anticoagulants (such as aspirin or other blood thinners), your surgical team will provide information on when to resume them.**
- Change positions often when sitting or laying down.
- Follow your ankle pump exercise instructions.
- Follow any compression stocking instructions.

Deep Vein Thrombosis (DVT): a blood clot in a vein of the lower leg.

Symptoms of DVT: If you develop a fever or experience redness, tenderness, warmth, swelling in the lower leg that is NOT RELIEVED by ice and elevation or . Call the surgeon's office if you have any of these symptoms.



Pulmonary Embolism . . .

is a sudden blockage of a major artery in the lung, usually caused by a blood clot.

Symptoms of pulmonary embolism include: Sudden shortness of breath; Sharp chest pain with coughing or deep breath; Rapid heart beat; Cough that brings up pink, foamy mucus; Dizziness or lightheadedness.

CALL 911 IF YOU HAVE ANY OF THESE SYMPTOMS!

7 POST-OPERATIVE CARE

Eating and maintaning a healthy diet will improve your healing and recovery.

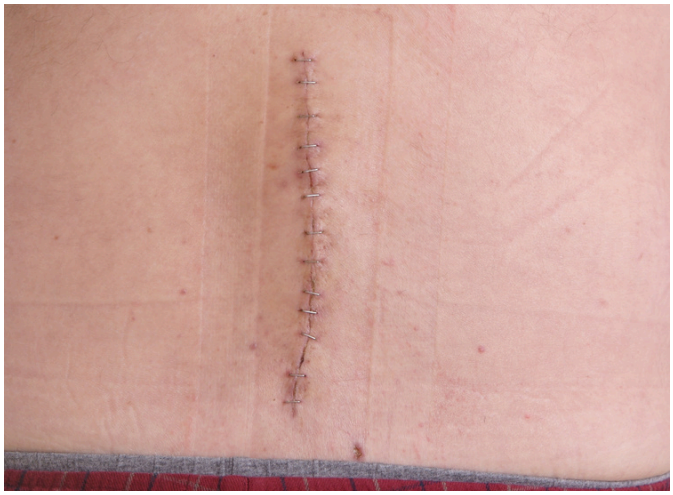
Constipation - Anesthesia and pain medicine can cause constipation. You should not go more than three days without a bowel movement. Eating high-fiber foods such as fresh fruit, vegetables, whole grain breads, oatmeal, nuts or beans can help. Be sure to drink plenty of water.

If needed, you may take an over-the-counter stool softener (such as docusate) as directed.

Incision Care

- DO **NOT**:
  - Remove the dressing unless your surgeon tells you to.
  - Take a bath in the tub, use a hot tub, or go swimming.
  - Use lotions, creams, powders, or other productions on your incision.
  - Rub or touch your incision.
  - Let animals, pets, or pet hair near your incision, as it may cause infection.

- You **SHOULD:**
  - Wait 24 hours to shower, unless your surgeon tells you otherwise.
  - Ice your incision throughout the day to reduce swelling.



7 POST-OPERATIVE CARE

Waterproof Surgical Dressing

This surgical dressing is waterproof and will cover your incision line.
If you have a compromised dressing, please call our office to speak with your surgeon's team.

Back Brace

Collar

Call your surgeon if you have any concerns for infection:

- Fever of 101 or higher
- Odor or excessive/colorful drainage from your dressing
- Abnormal increase of uncontrolled pain
- New/increased redness or warmth at your incision site
- Loss of bowel/bladder control
- If neck surgery: Difficulty swallowing or swollen neck

7 POST-OPERATIVE CARE

Safe Walking and Moving

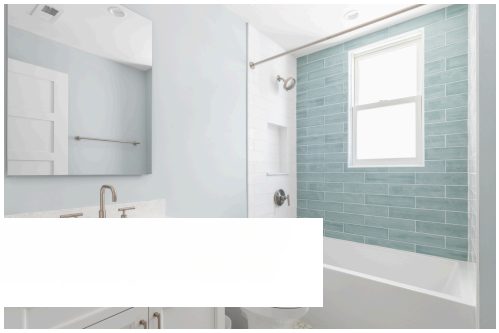
- Use the walking aide your therapist recommended.
- Take walks often. It is recommended to take one every hour and on flat, even ground. Ask your therapist if you should be assisted by someone while walking.
- Bags or devices on the front of your walker can help you carry items safely. Do NOT carry too much in your walker because it could tip over.
- You may walk and climb stairs as tolerated. Walking outside (in nice weather only) or walking on a treadmill (no incline) is also allowed. Walk as much as possible, letting your discomfort be your guide.

Lifting Precautions

- Do **NOT** lift anything heavy after surgery.
- Avoid squatting or bending to lift any object.
- Avoid climbing ladders.
- Your surgeon will inform you when it is OK to resume these activities.

Bathing and Toileting

- Sit while bathing following your surgery.
- Ask your physical therapist which type of chair will be best for your bathroom.
- Have somebody nearby when showering until you are steady.
- Do **NOT** use the toilet paper holders or racks mounted to the wall when getting on or off the toilet. Use specifically installed grab bars if you have them.



Other IMPORTANT Precautions

- Do **NOT**
  - Drive until you are cleared by your surgeon.
  - Bend or twist at the waist
- When taking extended car rides, make sure to take breaks every 30-45 minutes.

Please discuss with your care team when it is safe to stop following these precautions.

8 ACTIVE RECOVERY

Remember: Recovery may take up to 1 year. Week to week progress is expected; Stay active and stay motivated!

Your surgery is followed by an active recovery period, where movement plays a key role in healing.

Staying mobile after spine surgery can support recovery and help prevent complications related to inactivity.

However, it's important to pace yourself—gradually increasing activity levels based on your body's response and your healthcare provider's guidance ensures the best results without overdoing it.

Your surgeon will work with your physical therapy team to ensure you follow his/her specific post-operative therapy protocol.

Your LOG Physical Therapy team works closely with your surgeon. If you choose to go elsewhere for therapy, please be sure that the therapist is in communication with your LOG team.

Be active but be careful and work with your therapy team to ensure optimum recovery.

MediCopy
an MRO company

LOG
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Medical Records and Disability/FMLA Form Completion Information

MediCopy is a health information management company that has partnered with your healthcare facility to fulfill your medical records requests and complete your Disability or FMLA paperwork.

Contact Us

866-587-6274

medicopy.net/patients

Scan to Request Records or Submit Disability or FMLA Forms

LANCASTER ORTHOPEDIC GROUP

LOG Opioid Policy

For our patients' wellbeing and because of ever tightening regulations and oversight, Lancaster Orthopedic Group has adopted the following policies for the use of Opioid pain medications:

- Opioid pain medication prescriptions legally require the actual paper script in order to receive the medication. Opioids cannot be called in by telephone or fax. Refills are not permitted for Opioids.
- Many insurance companies are limiting patients to three narcotic/Opioid prescriptions per month. If you are already receiving narcotics/Opioids from other sources (ER, family doctor, pain specialist), please let us know as you may not be covered for another Opioid medication without pre-authorization. Please note that this includes Tramadol (Ultram/Ultracet) in some cases.
- Some insurance companies will not allow a patient to receive prescriptions for Opioids from multiple providers. In these cases, a request for additional pain medication will need to be addressed by the treating physician rather than one of the other providers in the group. Again, this may include non-Opioid medications such as Tramadol (Ultram/Ultracet) in some cases.
- Since any request for additional Opioids may need to be authorized by your specific provider, it may take up to 3 business days to process your request. Please keep track of the number of pills that you have left so that you can inform us in plenty of time if you think that you may run out.
- If you have a pain contract it is important to inform your provider as the contract may be broken if you receive a prescription from a different provider than is on your contract.
- New laws require us to check statewide databases for prior Opioid prescriptions before prescribing Opioids. Thus, it is not possible for us to address requests for Opioids outside of business hours (Monday through Friday 8 am to 4 pm). If you call during the evening, weekend, or on holidays, you will be asked to call back on the next business day. Please allow 3 business days for processing.
- Please notify the nurse when updating the medication list if you are using medical marijuana for pain relief.
- Different injuries, procedures, and surgeries will require differing amounts of pain medication. Your provider may provide additional prescriptions for pain medication for up to 30-90 days after your injury or procedure depending on the diagnosis. Additional Opioids will not be prescribed after 60-90 days without re-evaluation in the office.
- If you will require long-term use of Opioid, you will be directed to your family physician or a pain management clinic.

If you have questions, please ask your provider for clarification. Thank you for your cooperation.

231 Granite Run Drive • Lancaster, PA 17601
175 Martin Avenue • Suite 315 • Ephrata, PA 17522
1009 East Main Street • Mount Joy, PA 17552
phone 717-560-4200 • fax 717-560-4159 • www.LancasterOrtho.com

IMPORTANT INFORMATION

LOG
LANCASTER ORTHOPEDIC GROUP

Thank you for choosing Lancaster Orthopedic Group and LOG Surgery Center for your care.

Contact Us

LOG Office: 717-560-4200
www.lancasterortho.com