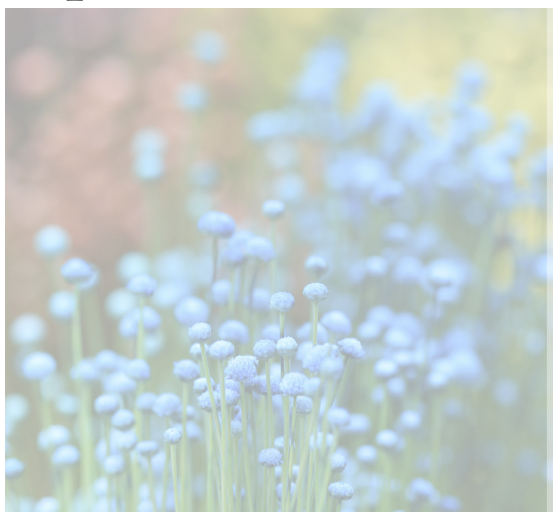


Understanding Your Spine Surgery

Customers:

This file is too large to see in its entirety. Please see table of contents on next pages. Visit [SMARTworks](#) to order this material. If you have questions about the content, please email: patienteducation@allina.com. ortho-ah-91659 (10/19)



Understanding Your Spine Surgery

Sixth edition

© 2019 Allina Health System

The publisher believes that information in this manual was accurate at the time the manual was published. However, because of the rapidly changing state of scientific and medical knowledge, some of the facts and recommendations in the manual may be out-of-date by the time you read it. Your health care provider is the best source for current information and medical advice in your particular situation.

All rights reserved. No part of this book may be reproduced in any form or by any means, electronic or mechanical, including photocopying, without permission in writing from the publisher.

Disclaimer

This publication is for general information only and is not intended to provide specific advice or recommendations for any individual. The information it contains cannot be used to diagnose medical conditions or prescribe treatment. The information provided is designed to support, not replace, the relationship that exists between a patient and his/her existing physician.

For specific information about your health condition, please contact your health care provider.



Table of Contents

Introduction

Welcome	5
Understanding Your Back	6

Chapter 1: Before Surgery

Your Health History and Physical Exam	9
Diabetes	9
Blood Levels Before Surgery	9
Pre-surgery Education Class	10
Hospital Pre-registration	10
Determining Your Health Insurance Coverage	11
Medicine Use Before Surgery	12
Advance Care Planning	13
Quit Tobacco for Your Surgery	14

Chapter 2: Preparing for Surgery

Strengthening Program Before Surgery	19
Walking	21
Preparing Your Mind and Body for Surgery	23
Breathing Exercises (Respiratory Exercises)	24
Preparing Your Home for Your Needs After Surgery	25
Arrange for Help with Household Tasks	26
What to Bring for Your Hospital Stay	26
Preparing for Surgery	27
The Day Before Surgery	27
Cleansing Your Skin for Your Surgery	28
Food and Liquid Directions Before Your Surgery	30
The Morning of Surgery	30

Chapter 3: Surgery, Hospital Stay and Beyond

What to Expect the Day of Surgery	33
Anesthesia: What You Need to Know	34
Pain After Surgery	35
Walking in the Hospital	38
Preventing Problems (Complications)	39
Incentive Spirometer	39
Tips to Prevent Falls While You Are in the Hospital	40
Your Plan for Leaving the Hospital (Discharge)	41
Important Things to Know Before Discharge	42

Chapter 4: Care After Surgery

Returning to Activities of Daily Living After Surgery	45
What to Wear After Surgery	45
Walking Program	45
Home Exercise Program	46
What to Expect During Your Recovery	49
Commonly Asked Questions	50
Questions to Ask at My Follow-up Appointment	53
Pain Relief	54
Pain Medicine: What You Need to Know	55

Chapter 5: Posture and Movement (Body Mechanics)

Lifestyle Changes You Need to Make	61
How to Maintain Good Posture	61
How to Get In and Out of a Chair	62
How to Use the Toilet	62
How to Do a Logroll	62
How to Get In and Out of Bed	63
How to Take a Shower or Bath	64
How to Get Dressed Without Using Equipment	64
Using Stairs at Home	64
How to Get In and Out of a Car	65
Lifting, Carrying and Reaching	66

Chapter 6: House and Yard Work

How to Do Laundry	69
How to Clean and Dust	70
How to Clean the Floors	70
How to Shop for Groceries	71
Arrangements for Child and Pet Care	71
How to Do Yard Work	71

Chapter 7: Resources

Medical Equipment	75
Community Resource Directory	77
Other Resources	78