

# Before Your Spine Surgery Checklist

## Checklist

- Contact your surgeon's office if you are planning to visit the dentist within 1 month before your surgery.
- Schedule your health history and physical exam.
- Make a list of your current medicines. Make sure to talk with your health care provider about all of the medicines you take and if you need to stop taking them before surgery.
- Schedule your pre-surgery education class or watch the pre-surgery video if your hospital does not offer the class.
- Review your leaving the hospital (discharge) criteria.
- Review and complete any paperwork you received.
- Call your insurance provider if you have questions about what is and isn't covered under your plan.



- ❑ Contact your surgeon's office if you have any health changes (sore throat, cold, fever, dental problem, urinating problem) or skin changes (rash, cuts).
- ❑ Select a member of your care circle (family, friends and others close to you) to be your personal support coach. This person will provide support and encourage you to meet milestones during your recovery.
- ❑ Talk with your care circle about your needs after surgery. Be sure to make a plan to have someone to drive you home when you leave the hospital. You will not be able to drive yourself.



[allinahealth.org](http://allinahealth.org)