



KEIPER SPINE™

Before Surgery Instructions and Information-Dr. Carmina Angeles

ACTIVITY

Continue with regular activity until surgery. Maintaining good flexibility, weight management, cardiovascular health etc. will make your post-operative recovery that much easier.

MEDICATIONS

Certain medications need to be stopped up to two weeks prior to surgery. **See list attached**

- Aspirin
- Fish Oil
- Anti-inflammatories/NSAIDs: (Advil, Motrin, Celebrex, Meloxicam, Iburpofen, Voltaran)
- Prescribed Blood Thinners: Coumadin/Warfarin, Eliquis, Pradaxa, Xarelto, Prasugrel, Brilinta, Cilostazol, Aggrenox

You may continue taking all other medications as prescribed. Specific instructions will be discussed by pre anesthesia department at the facility your surgery is scheduled. The Anesthesiologist will call or meet with you and go over all medications that you should and should take the day of surgery.

McKenzie Willamette or Sacred Heart Riverbend Stay:

You will be checked in at Surgery Check in and placed in a room in SPA (Surgical Procedures Area). This is where you will be waiting until time for surgery. A nurse will do additional pre op testing if indicated by Dr. Angeles. Dr. Angeles will answer any additional questions you might have and she will mark the surgical site, and then you will be taken to the Operating Room. Once in the OR, anesthesia will put you to sleep for the procedure. After surgery, you will be taken to PACU where you will recover from anesthesia for a few hours. You will then be taken up to your room. The average hospital stay is 1-3 days. A Social Worker will be assigned to you and will help set up arrangements for you to stay at a care facility, or have home health services if necessary upon discharge from the hospital. The social worker will also help facilitate any home equipment needed at discharge (hospital bed, shower chair, wheelchair, walker, etc). A Physician or Physician Assistant will see you daily during your hospital stay to check in on progress.

You will not be discharged until:

- you are up walking
- you are able to urinate
- Pain must be controlled by oral pain medications



SPINE SURGERY CENTER OF EUGENE (ASC)

You will be checked in at the front desk in suite 300 and brought into the SPA (Surgical Procedure Area). This is where you will be prepared and wait for surgery. A nurse will do additional pre op testing if indicated by Dr. Angeles. Dr. Angeles will answer any questions you might have about your surgery, and will mark the surgical site. You will be taken to the Operating Room where Anesthesia. After surgery you will be taken to your bed at pre op. You may or may not stay overnight depending on your procedure. Your requirements to leave are the same as those stated above.

RECOVERY

Recovery from surgery varies for each person/procedure. It is common to have pain at the incision site and intermittent arm/leg pain after surgery. This will get better with time. Overall recovery can take 3 months to 1 year. Follow your post-operative precautions. Please be patient while you are healing. Smoking makes recovery more difficult. It slows wound healing and inhibits your body's own recovery response.

RETURN TO WORK

We will work with you to make arrangements and fill out necessary paperwork for work status.



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To My Patients Who Will Undergo Surgery: Please stop all blood thinning medication and NSAIDS **1 week prior to surgery.**

Medical studies have shown that the family of medicines known as “Nonsteroidals” or anti-inflammatory (NSAIDS) may increase bleeding at surgical sites. Patient who undergo a fusion the NSAIDS affect your body’s ability to fuse the bony area of the spine where your surgery was performed. If fusion does not take, you may require other surgical procedures. **These medications include both prescription and over-the-counter types.** We ask that you NOT take any of the medicines listed below until otherwise notified. Please call our office if you have any questions.

<u>Brand Name</u>	<u>Generics</u>	<u>Over the Counter</u>
Anaprox	celecoxib	Advil
Anaprox DS	diclofenac	Aleve
Ansaid	diflunisal	Alka Selzer
Arthrotec	etodolac	Anacin
Bextra	fexicam	Arthritis Pain Formula
Cataflam	flurbiprofen	Arthritis Strength
Celebrex	ibuprofen	Bufferin
Clinoril	ketoprofen	BC tablets & powder
Daypro	nabumetone	Carisoprodol Compound
Dolobid	naproxen	Cama Arthritis tablets
Feldene	mefanamic acid	CoAdvil
Fiorgesic tablets	meloxicam	Damson-P
Indocin	misoprostol	Dia-Gesic Improved
Lodine	oxaprozin	Doan’s Pills
Lodine XL	piroxicam	Easprin
Mobic	refecoxib	Ecotrin
Motrin	sulindac	Emparin
Naprelan	tolmetin	Eqagesic tabs
Naprosyn	valdecoxib	Excedrin
Norgesic	oruvail	4-way Cold tablets
Orudis	ketorolac	Gelprin Tablets
Percodan		Midol
Ponstel		Nuprin
Relafen		Pepto-Bismal
Tolectin		Persistin
Tolectin DS		Roxiprin
Toradol		Zoprin
Vioxx		
Voltaren		



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Supplements to Stop 1 week prior to surgery:

**When eaten in small amounts these are ok. When taken in large amounts they can increase bleeding:

Angelica Root	Ginger
Arnica	Ginko Bilboa
Anise	Ginseng
Asafetida	Horse Chestnut
Bogbean	Kava Kava
Borage Seed Oil	Licorice Root
Bromelain	Lovage Root
Camomile	Meadosweet
Capsicum	Nattokinase
Cayenne	Omega-3 (Fish Oil)
Celery	Papain
Cinnamon	Parsely
Clove	Passionflower
Darshen	Poplar
Devil's Claw	Quassia
Dong Quai	Red Clover
Echinacea	Skullcap
Ephedra	St. John's Wart
Feverfew	Turmeric
Fenugreek	Valerian
Goldenseal	Vitamin C (more than 2000mg daily)
Garlic	Vitamin E (more than 400mg daily)
	Willow Bark