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FREQUENTLY ASKED QUESTION

What time will my surgery take place?

You will be contacted by the surgery scheduler the day before your surgery with the time you should arrive to the hospital. If your surgery is on a Monday you will be called on the Friday before Surgery. Prepare to arrive 2 hours prior to surgery start time.

Can my family come with me day of surgery?

Due to Covid-19 each hospital has restrictions set in place, below are the general guidelines. I highly recommend attending the hospital's spine class.

- Only one support person, per patient, will be allowed in the hospital during the hospital stay.
- Patient's support person will be screened for symptoms upon entering the hospital. Any visitor/patient presenting with visible signs and symptoms, including fever or cough, will not be permitted to enter the facility.
- While in the hospital, a mask is required to be worn and follow social distancing guidelines must be followed at all times.

How long will I be out of work?

This depends on the type of work you do and the type of surgery you are having done. The following is a general guide.

1. Lumbar fusion: heavy manual labor approx 3-6 months; sedentary/light work approx 6-12 weeks.
2. Anterior/Posterior cervical fusions: heavy manual labor approx 3 months; sedentary/light work 3-8 weeks.
3. Scoliosis Fusion: at least 3-6 months.
4. Lumbar microdiscektomy/decompression: heavy manual labor approx 4-6 weeks; sedentary/light duty 1-3 weeks.

**Please note that disability forms will be filled out accordingly by our front office staff. We begin state disability the day your COVID exam is completed. If you are filing state disability (EDD), please provide your receipt number.

What medicine do I need to stop prior to surgery?

1. All anti-inflammatory medicines (aspirin, ibuprofen, motrin, advil, aleve, naproxen etc.) must be stopped at least 10 days before surgery. If you are taking any blood thinner(s) prescribed by a physician for medical reasons please consult that physician prior to discontinuing the medicine.
2. Do not take any vitamins containing Vitamins E, Vitamin K, Fish oil, or Tumeric. A daily multivitamin is fine to continue.

**For a more detailed list, please check the medication alert page.

Who will be managing my pain medicine?

Your surgeon will provide you with pain medicine until your first post-operative visit. If prolonged pain medicine is needed, you will be referred to a pain management specialist (PM). There is no exception to this rule. If you are established with PM, please discuss your upcoming surgery with your physician in case they would like to manage your prescriptions.