Health Facts for You



Getting Ready for Orthopedic Spine Surgery

The Day/Night Before Surgery

- The OR staff will call you 1-2 business days before surgery to inform you of the assigned arrival time. If your surgery is on Monday, expect a call the Friday before.
- Eat a light supper. No eating or drinking after midnight. This includes gum and hard candy. No alcohol after 8:00 pm.
- If you were told to do a bowel prep (ALIF procedures only), please follow those instructions.
- The night before surgery, wash with Hibiclens[®] from the chin down, avoid the genital region.
- Remove nail polish, artificial nails, make-up, jewelry, and all piercings.
 Plan to leave items of value at home.

The Morning of Surgery

- Wash with Hibiclens® from the chin down, avoid the genital region.
- With a sip of water, take only the medicines that your doctor has told you to take.
- If you were told to do a bowel prep (ALIF procedures only), please follow those instructions.

Reminders

- If you take blood thinners, please check with your heart doctor, primary care doctor, or the Spine Clinic staff to see when or if you should stop taking it.
- For anterior cervical surgery (front of the neck), do not shave the neck for the 2 days before surgery.
- Please don't hesitate to call with questions before or after surgery.

If you have given blood in advance, be sure to let the staff know on the day of your surgery work-up. Also, talk with your doctor about taking an iron supplement before and after giving blood.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 2/2023 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7030.