

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.