

Getting Ready for Orthopedic Spine Surgery

The Day Before Surgery

- A nurse will call you to let you know when to arrive and the time of your surgery. If your surgery is on Monday, expect a call the Friday before.
- Eat a light supper. Do not eat solid foods after midnight. This includes gum and candy.
- Do not drink alcohol after 8:00 pm the night before surgery.
- We strongly suggest you quit using nicotine prior to surgery.
- Stop drinking clear liquids 4 hours before your scheduled surgery time.
- Wash with Hibiclens® for 2 – 3 minutes.
- Remove nail polish, artificial nails, make-up, jewelry and all piercings. Plan to leave items of value at home.
- 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.

The Morning of Surgery

- Wash again with Hibiclens®
- With a sip of water, take only the medicines that your doctor has told you to take.
- **Before and After Surgery Unit** – You can find this unit to the left of the main hospital entrance.
- Bring this packet with you to the hospital.

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 ©7/2019. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7030.