

## Spine Clinic Preoperative Check List

Your pre-surgery teaching visit takes about 1-2 hours. The length of time depends on the type of surgery you are going to have. It also depends on how healthy you are. If you are under 18 years old, or you are not legally competent, your parent or legal guardian needs to be with you.

### Before Your Visit

We may ask you to see your primary doctor 1-2 weeks before you see us.

### Day of Your Visit

On the morning of your visit, take your morning medicines, unless you were told not to by your doctor. Feel free to eat before you come.

### What to Bring

- The surgery folder you received
- List of your medicines, vitamins and supplements
- Results from recent exams, blood tests, x-rays, EKGs, and other tests, unless it has been faxed to our clinic
- List of your questions

### During Your Visit

- We will discuss the procedure in detail. We will review other options, benefits, and risks.
- We will discuss any questions you have and ask you to sign a written consent form.
- We will explain what to expect after your surgery. We will review how to take care of yourself when you go home.

- We will talk with you about your list of medicines, vitamins, and supplements. We will let you know if there are any that you need to stop taking before surgery.

### Getting Ready for Surgery

#### 1 Week Before

- Stop anti-inflammatories (NSAIDS), such as:
  - Aspirin
  - Ibuprofen/Advil®
  - Aleve®/Naproxen
  - Diclofenac/Voltaren
  - Celebrex®
  - Mobic
  - Others that your doctor tells you about.
- Stop vitamins, herbals, supplements and green tea

#### \_\_\_\_ Week(s) Before

- Stop\_\_\_\_\_.

### Who to Call

UW Spine Clinic  
(608) 265-3207

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.