North Jersey Spine Group

Main clinic 1680 Route 23 North, #250 | Wayne, NJ 07470
Satellite 1 West Ridgewood Avenue, #207 | Paramus, NJ 07652
Phone 973.633.1122 | **www.northjerseyspinegroup.com**

North Jersey Spine Group: PRE-OPERATIVE INSTRUCTIONS

1. If you have any questions about your surgery that have not been answered including potential outcomes, the risks of the procedure, alternative treatments, or recovery after surgery call the office to discuss these issues further before your operation.
2. Some medications need to be stopped prior to surgery. Stop aspirin at least 10 days before surgery. Other anti-inflammatory medications such as naproxen, Naprosyn, Aleve, ibuprofen, Motrin, Advil, Nuprin, etc. should be stopped 5 days before surgery. Plavix (clopidogrel) must be stopped 5 to 10 days prior to surgery, Ticlid (ticlopidine) 14 days before surgery and Persantine (dipyridamole) 5 days before surgery. If you are taking Coumadin (warfarin) it must be stopped at least 5 days before surgery. It may be necessary to enter the hospital before the day of surgery to be started on a different blood thinner when Coumadin is stopped. This decision will be made by your internist.
3. Arrangements must be made in advance if you plan to donate blood or if friends or family members will be donating blood for you. If you donate blood you should take an iron supplement to help your body restore the blood before your operation. Transfusions are uncommon for most procedures.
4. Smoking increases surgical risk. Your chances for a good result will be improved if you stop smoking or at least cut down. This is especially important if you are having a spinal fusion. Smoking dramatically reduces the success rate for bone healing and fusion.
5. Do not eat or drink anything after midnight on the night before surgery. You may take your regular medications with a sip of water.
6. Bring all x-rays, CT scans, MRI scans or angiograms to the hospital on the day of surgery.
7. Bring a list of all your medications to the hospital including dosages and frequency.
8. Shower with an antibacterial soap or clean the surgical area with an antibacterial scrub the night before your surgery.

CHECKLIST

Before the day of surgery

- See your internist for medical clearance if necessary.
- Make arrangements for blood donation if desired.
- Stop aspirin or other anti-inflammatory medications and blood thinners.
- Stop or cut back smoking.
- Make a list of your medications including dosages and frequency.

On the day of surgery

- Do not eat or drink after midnight except a sip of water with medications.
- Bring your x-rays to the hospital if you have them.
- Bring your medication list to the hospital.