



## **PRIOR TO YOUR PROCEDURE**

- Once a surgical date has been determined, you will need to see a medical doctor affiliated with the hospital for a pre-operative medical clearance. Depending on your age or prior medical history, additional clearance may include seeing a cardiologist, anesthesiologist, or pain management specialist.
- If your surgery is performed at an outpatient surgical center, a pre-operative history and physical can be obtained by your primary care physician.
- During the visit, they will take an updated medical history and perform a physical exam. Routine blood work, urinalysis, EKG, and CXR will be needed within 30 days of your procedure.
- It is important to mention all the medications you are taking to the doctor. This includes over-the-counter drugs like a cold medicine or aspirin, supplements or any herbal medicine or vitamins. A list of medications and herbs that affect bleeding has been included for your review.
- A spine pre-operative visit with Dr. Kropf will be required 1-2 weeks prior to your surgery. At that visit the nurse or physician's assistant will explain all the pre and post-operative instructions. Dr. Kropf will discuss the surgical procedure in detail. All your questions and concerns will be addressed, so please bring a list of your questions. The informed consent form will be reviewed and signed if you agree. Please bring any new

or recent scans pertinent to the surgery on a CD such as XRAY, MRI, CT SCAN, Bone Density Scan, or any cardiac studies.

- On the night before surgery, shower with the Chlorhexidine Gluconate (CHG) antibacterial soap provided to you at the pre-operative appointment. Repeat in the morning of surgery.
- Do not eat or drink after midnight or 8 hours prior to your surgery, this includes water, coffee, chewing gum, and mints.
- You may take your blood pressure medication or normal pain medicine (other than anti-inflammatories) the morning of surgery with sips of water.
- Arrive 2 hours prior to your surgery time if being performed at the hospital or 1 hour prior if being done at the surgery center. Carry your cellphone with you as surgery time may unexpectedly change. Arrange for transportation from the facility to your home if the procedure is performed at the outpatient surgery center.
- On the morning of surgery, you will meet the spine anesthesiologist who will answer all your pre-operative questions. Please mention any allergies or anesthetic reactions that may have occurred with prior to surgical procedures.
- Prior to the day of surgery prepare your home by putting items that you will need close to your reach as you will not be able to bend, lift more than a few pounds, or do strenuous activity such as housekeeping, heavy cleaning, or laundry for a few weeks after your surgery. Depending on your surgery, arrange for family or friends to assist with shopping or meal preparations.