



Pre-Operative Spine Surgery Same Day Discharge

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Visitor Policy



- **One or two family members may accompany you to registration. They will be kept up to date by staff or phone call**
- **Your family member may wait in the waiting room.**
- **Masks are optional in the hospital.**
- **Due to surges and lulls of the pandemic, recommendations for visitation may shift.**
- **After completion of surgery your nurse will go over discharge directions with family**

<https://www.trinityhealthmichigan.org/health-and-wellness/covid-19/visitor-restrictions>



Pre-Surgery Drink



Clear nutrition drink.

Drink 2 hours before your surgery time.

Type II Diabetics controlled by oral medications drink 3 hours before your surgery time.

Improves hydration, hunger and thirst.

Supply's nutrients to aid in post-op recovery.

Not for insulin dependent diabetic patients.

Purchase Instructions

Available for purchase at these locations:

- ✓ Pharmacy in Reichert Health Building.
- ✓ Joe's Java at Trinity Ann Arbor and Brighton.
- ✓ Genoa Medical Center Pharmacy in Brighton.

You will need to purchase 1 bottle.



Prior to Surgery



1. There will be no restrictions on stairs.
2. Install night lights in the bedroom, bathroom or hallway.
3. Refill and pick-up regular medications.
4. Install a rubber mat or handrails in the shower.
5. Prepare meals in advance for easy use when you return home from the hospital.

Prior to Surgery

- Remove any tripping hazards such as loose rugs or cords.
- Wash all bed linens, towels, and clothing in the warmest water the fabric will tolerate. Dry at the warmest temperature the fabric will tolerate.
- Clean your home right before surgery.
- Pay close attention to frequently touched areas, such as doorknobs, counters, and toilet seats. Use your regular household cleaner.



How to Prepare for Surgery

1

Identify at least 1 – 2 people who will provide help while you are healing at home for 1 – 2 weeks.

2

Stay smoke free!
This will help to limit complications after surgery.

3

Limit your use of opioids (pain meds) prior to surgery, as recommended by your surgeon's office.

4

Continue a healthy diet and activity directed by your surgeon's office.

5

Do not eat anything starting midnight before surgery. After midnight, you may drink pre-surgery ensure or 16 ounces of water, see guidelines.



Preparing Your Skin for Infection Control

Preoperative Skin Preparation Instructions

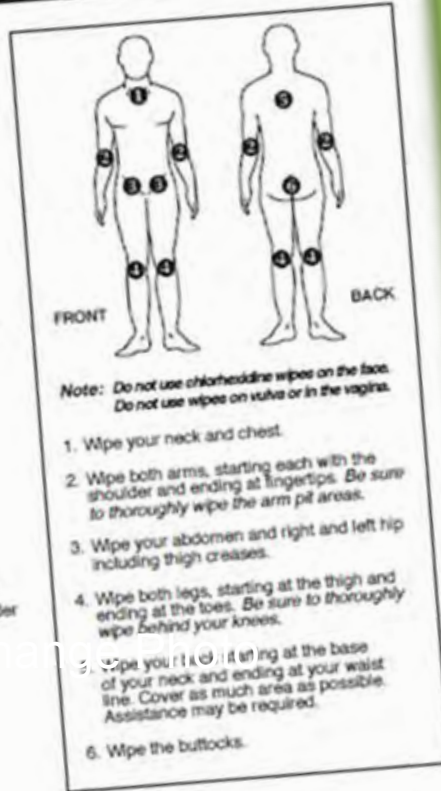
Night before surgery:

1. Shower or bathe with antibacterial soap (example: Dial®)
2. Wash hair with any shampoo
3. Towel dry with a clean towel
4. **DO NOT** apply any makeup, lotions, oil, powders, or deodorant on your skin
5. Dress in clean clothes/sleepwear
6. Place clean sheets on bed
7. Wait (2) hours, until skin is cool and dry
8. Proceed with Chlorhexidine Gluconate cloth directions

Chlorhexidine Gluconate cloth directions:

- Open the packages
- Remove the cellophane film and discard
- Using the scissors to cut off the end seal of all (3) packages
- Wash and dry hands prior to use
- **DO NOT** use the product on your face or private areas
- Use (1) clean cloth to prep each area of the body in order as listed in steps 1-6
- Wipe each area in a back-and-forth motion
- Wipe each area thoroughly
- Assistance may be required
- Use all cloths in the packages
- Discard cloths in trash can
- Allow your skin to air dry
- Skin will feel sticky/tacky – **DO NOT WIPE OFF**
- Chlorhexidine Gluconate cloths will not stain fabrics
- Keep pets out of bed
- Relax or sleep

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Note: Do not use chlorhexidine wipes on the face.
Do not use wipes on vulva or in the vagina.

1. Wipe your neck and chest.
2. Wipe both arms, starting each with the shoulder and ending at fingertips. Be sure to thoroughly wipe the arm pit areas.
3. Wipe your abdomen and right and left hip including thigh creases.
4. Wipe both legs, starting at the thigh and ending at the toes. Be sure to thoroughly wipe behind your knees.
5. Wipe your neck and waist area. Cover as much area as possible. Assistance may be required.
6. Wipe the buttocks.

Morning of surgery:

1. **DO NOT** shower, bathe, or shampoo hair
2. Wash face and private areas
3. Brush teeth and rinse mouth
4. Wear loose comfortable clothing to hospital

- You were given special **CHG wipes** at your surgeon appointment, with instructions.
- Closely **follow instructions** to prepare your skin the night before surgery.



Your Hospital Care Team



Surgeon & Physician Assistant/Nurse Practitioner

Anesthesiologist

Registered Nurse & Patient Care Technicians

RN Case Manager

Physical Therapist and/or Occupational Therapists

Social Worker

Pharmacist



Day of Surgery: Pre-Operative Area

Your Anesthesiologist will discuss the plan for staying asleep for surgery.

Your Surgeon will take time to mark your surgical areas and answer questions



Day of Surgery: Operative Room and Recovery

- 1.** You will receive some relaxing medicine and fall asleep.
- 2.** Your family will be kept up-to-date on the timing of the surgery.

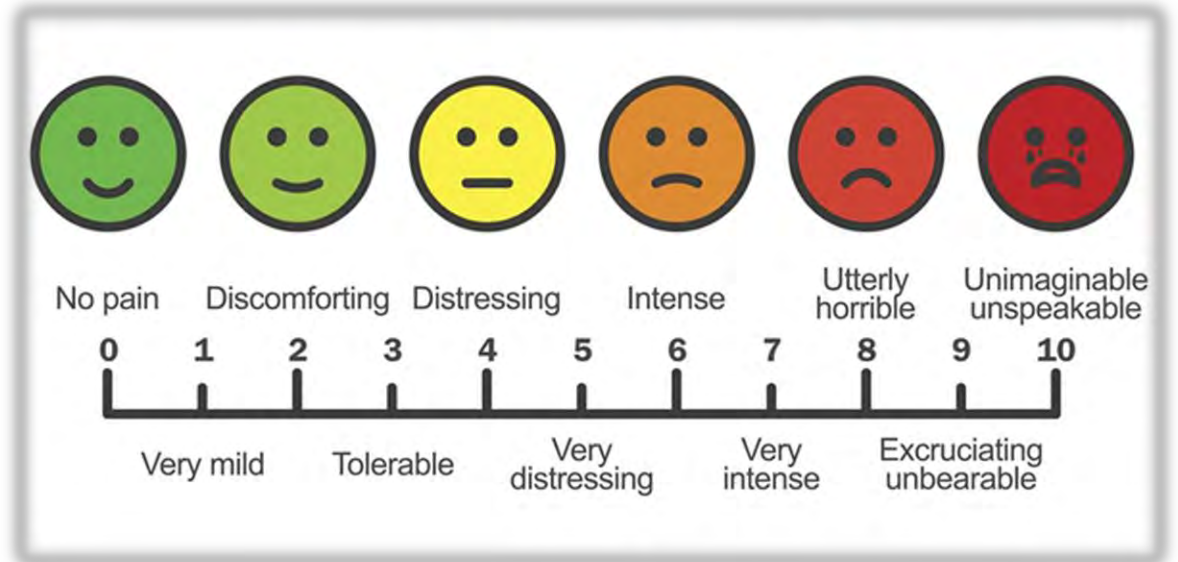
- 3.** Your surgical team will call your family member to provide an update after surgery.
- 4.** You will feel pressure socks on your legs, oxygen flowing through a tube in your nose, and IV fluids in your arm.

Day of Surgery: Dealing with Surgical Pain

- There will be surgical pain and/or spasm.
- Pain will be controlled, but a pain of zero is not expected.
- It is normal to have some or even worse pain right after surgery.
- Adequate control allows you to be comfortable enough to participate in your post-operative recovery.

This includes:

- Walking
- Position Change
- Eventual showering



Day of Surgery: Type of Pain Medications



Oxycodone, Norco or Tramadol

- Oxycodone, Norco or Tramadol
 - *Opioid Medications given orally.*
- Flexeril or Baclofen
 - *Oral Medication for muscle relaxation due to spasm.*
- Tylenol and Ice
 - *Pain reliever to help with inflammation.*
- Gabapentin or Lyrica
 - *Nerve pain treatment.*

Discharge Destination

The goal for most patients is to return home at discharge.

You will recover in the most comfortable, familiar setting with the least risk of infection.

Plan to discharge home out of recovery with the support of family or friends.



Managing Pain at Home



You will contact your surgeon's office for refills.

*Do not wait until you are out of medicine to call.
Refills may take 24-hours.*

- It is normal to have pain, cramping or abnormal sensations in your back or legs while recovering. The healing process occurs slowly.
- A plan for pain will be determined before you go home. You will taper off medications during recovery -- ask your nurse how to taper.
- Your Care Team will send your prescriptions electronically to your Pharmacy of choice at discharge.
- In addition to oral pain medications, you may be prescribed:
 - Muscle relaxants for spasms.
 - Ice and Tylenol for inflammation.
 - Medication to help treat nerve pain.



Diet and Bowel Function



- You may feel that your appetite is **less than normal**.
- Make food choices containing **natural fiber, healthy protein**, and drinking **lots of water**.
- **Constipation is the number one complaint by our patients on pain medicines.**
- It is important to **continue taking** laxatives, stool softeners, and fiber agents while you are on pain medicines. This will help avoid constipation.



Bowel Regimen

Medications for your bowel regimen are available **over-the-counter**.

You should **purchase** these medications **before surgery**, so you have them at discharge.

- ✓ **Docusate Sodium (Colace)** – softener
- ✓ **Sennosides (Senna)** – mild stimulant
- ✓ **Miralax** – laxative
- ✓ **Milk of Magnesia** – laxative/antacid
- ✓ **Bisacodyl Rectal Suppository (Ducolax)** - laxative



Mobility & Walking After Surgery



- ✓ The most important recovery activity is walking.
- ✓ You will walk the day of surgery.
- ✓ You will move and walk more each day continuing when you are home.
- ✓ Walking helps to improve pain and decrease recovery time.
- ✓ No repetitive bending or twisting of the spine. (Spinal Precautions)
- ✓ No lifting more than 5lbs.

Taking Care of Your Incision at Home

- Shower beginning **48 hours** after surgery and then shower daily after.
- **Shower daily using soap and water**, letting warm water wash over your incision.
- Use a **clean towel** and put on clean clothes every time you shower.
- **Do not apply** any bandage, cream or oil to your incision.
- Always **clean your hands before** and after caring for your wound. **DO NOT** pick at your incision.



Taking Care of Your Incision at Home

- Do not shave at or **near surgery site**. A razor can irritate your skin and make it easier to develop an infection.
- Wash your bedding **weekly**.
- It is important for your **recovery partner(s) to watch** the healing progress of the incision and **report any problems** to your surgeon's office.
- You may have staples or sutures. A nurse will see you in the office **10 - 14 days after the surgery** to remove them. If your appointment is not already scheduled, call the office for an appointment.



Don't allow pets in your bed **while you are recovering** from surgery.

What to Watch For at Home

Call the Office When You/Are:

- Have a fever $>101^{\circ}\text{F}$
- Experiencing pain in calf (warm, red, swollen)
- Incision problems:
 - **Foul smelling**
 - **Yellow/green discharge**
 - **Hot to the touch**
 - **Angry looking**

NOTE:

It is normal to have a small amount of clear fluid leaking. It may also have a small amount of blood in it.



What to Watch For at Home

Call the office if you are:

- Not able to urinate
- Have a hard bowel movement or have not had a bowel movement or passed gas after 3-7 days
- Have a hard, distended stomach.

Call 911 OR go to the Emergency Department if you are:

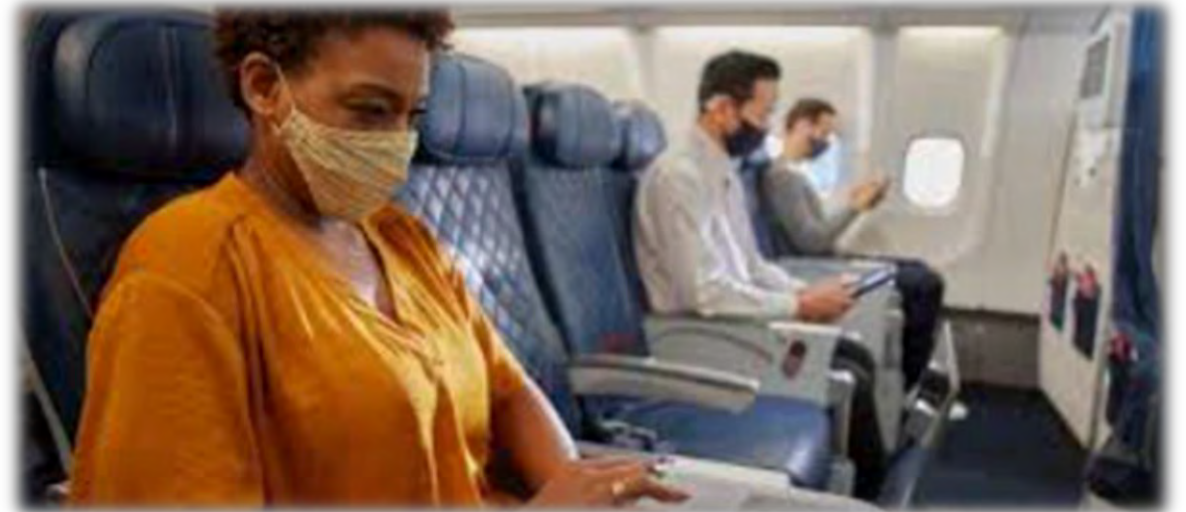
- Having shortness of breath, difficulty breathing
- Chest pain

FAQ's Same Day Discharge

- ❑ **My Pain is Uncontrolled! What Do I Do?** Call the office **734-712-4500**. In the meantime, take the medications as prescribed and apply ice.
- ❑ **Can I Sleep in My Bed?** Yes
- ❑ **Can I Sleep on My Side?** Yes, most patients find sleeping on their side with a pillow between their knees and behind their back to be the most comfortable position.
- ❑ **Can I Go Up and Down Stairs?** Yes, there is no limitation
- ❑ **Can I Ride in a Car?** Yes, if the trip is longer than an hour – stop every 1 - 2 hours to get up, out of the car and take a short walk.
- ❑ **Can I Drive a Car?** Yes, as long as you have discontinued taking prescription pain medication.
- ❑ **When Should I take Off the Dressing?** 24 - 48 hours after surgery.
- ❑ **When Can I Shower?** Shower every day after surgery.
- ❑ **When Can I Take a Bath?** Do not bath until the incision is healed and appears as a scar. (Approximately 4 - 6 weeks after surgery.)
- ❑ **How do I Log Roll?** Please watch this video. <https://www.youtube.com/watch?v=a-QAed3dWTY>

FAQ's Same Day Discharge

- ❑ **Why Wasn't I Ordered PT?** PT isn't traditionally recommended until 6 - 8 weeks after surgery. It can be more harmful than helpful during the acute recovery phase.
- ❑ **Can I Travel by Plane?** Yes, but just like traveling by car, you should get up and walk the aisle every 1-2 hours. Avoid sitting for long periods of time with knees bent and feet flat on the floor.
- ❑ **Can I Go To the Dentist?** Yes, after the first post-op visit.



Who to Call and Resources



For any medical issues please call:
Trinity Health IHA Brain & Spine Surgery

Main Office Number:

734-712-4500

Hours of Operation:

8 am to 5 pm

Video Resource:

<http://spine-health.com>



Trinity Health

