

## Do's & Don'ts for a Positive Recovery:

Let pain be your guide. If it is causing pain, don't do it!

### What to AVOID:

**DO NOT** use your time off after surgery to catch up on household chores, physical work, or heavy labor.

**DO NOT** use operative hand for the first 3-5 days. After 3-5 days use operative hand only for tasks such as dressing and eating until your sutures are removed.

**DO NOT** use exercise equipment until you have talked with your provider.

**DO NOT** take a bath, swim or other activities that would involve submerging the incision under water until it is well healed (2-3 weeks).

**DO NOT** apply heat to incision.



### What Is Allowed After Surgery?

**DO** elevate your operative hand above the level of your heart for the first 72 hours.

**DO** move fingers frequently.

**DO** apply ice.

**DO** bend your wrist and elbow frequently AFTER compression dressing is removed and instructed by physician.



## Pre-surgical Clearance:

Clearance appointments help providers determine that overall health conditions are optimal for surgery, or if additional interventions are required to decrease surgical risks.

Our office will assist you in scheduling all necessary appointments before surgery. It is important to have your exam and tests completed prior to your surgery to prevent possible delays.

### Your Physical Exam:

You will need to have a physical exam within 30 days of surgery. Our surgery coordinators will schedule an appointment most likely with your primary care physician, or another provider in their office.

### Other Tests before Surgery:

Labs, x-rays and other tests may be ordered in anticipation of surgery. The provider completing your physical exam may also order additional testing if necessary. Exam results will be shared with your provider prior to surgery.

### Medications before Surgery

Following instructions from your care team will prevent your surgery from being delayed. Several medications, herbal supplements, and vitamins can have effects on bleeding, swelling, increase risk of blood clots and cause other problems if taken around the time of surgery.

A complete list can be found in the Pre-op folder on the yellow "Medication to Avoid Before Surgery" sheet.

### Medications to discontinue 1-2 weeks prior to surgery

- ❖ **ALL ASPIRIN PRODUCTS**
- ❖ **ALL NSAIDS** (Nonsteroidal anti-inflammatory medications) including:

\*Motrin (Ibuprofen)

\*Aleve (Naproxen)

\*Advil

\*Voltaren (diclofenac)

\*Excedrin



You may also be required to stop other anticoagulation medications such as Plavix, Coumadin, and Warfarin.

You will receive additional information from your care team

## Smoking Cessation:

Nicotine and tobacco products increase the risk of postoperative complications.

### Quit Smoking before Surgery

Smoking before surgery increases risk after surgery and slows the healing process. It can lead to:

1. Lung problems during and after surgery, including pneumonia.
2. Infection and poor wound healing.
3. Degeneration of your spine and discs.

**Smoking cessation includes tobacco products, smokeless tobacco products, nicotine patches and nicotine gum.**

**Your surgeon may decide to postpone or cancel surgery if you have NOT quit smoking as directed.**



### Resources to Help You Quit

- ❖ Wisconsin Tobacco Quit Line: (toll free) at 800-Quit Now 800-784-8669
- ❖ The [National Alliance for Tobacco Cessation](#) provides the latest information on how to quit smoking with its program called "Become an EX." Proven methods to teach smokers how to quit and stay quit are provided.
- ❖ ThedaCare Tobacco-Free Program at 920-831-5064

## What to Bring to the Surgery Center:

- ❖ List of current medications and with time and dosage information
- ❖ A copy of your Power of Attorney paperwork
- ❖ Important phone numbers of friends and family
- ❖ Books, magazines, or tablet
- ❖ Form of ID & insurance card
- ❖ Walker if you are using one prior to surgery
- ❖ Do **NOT** wear contacts the day of surgery, wear your glasses.
- ❖ Wear loose fitting, comfortable clothing, with shoes that can be slipped on and are supportive

### The Day before Surgery

**DO NOT eat or drink anything after midnight, INCLUDING WATER AND COFFEE**, unless otherwise directed by your provider. Eating or drinking the day of surgery may cause your surgery to be rescheduled or cancelled.

**DO NOT** chew gum after midnight.

**NO alcoholic beverages** or smoking 24 hours before your surgery

**YOU MAY TAKE** any medications you were instructed to with a sip of water the morning of surgery.

**Remove nail polish from fingernails**

*Remove all jewelry, and piercings. Your surgeon may be required to cut-off items if not previously removed during surgery.*



## Preparing Operative Site for Your Procedure:

Following these instructions will reduce your risk of infection.

### Shower Instructions before Surgery

**Instructions: Use Hibiclens, and antimicrobial liquid soap, for 3 consecutive days prior to surgery.**

1. Wash face, hair & body with your own soap/shampoo in the shower; rinse thoroughly.
2. Using your antimicrobial soap and a clean washcloth starting from the neck down, wash your entire body for a minimum of three minutes. Pay close attention to the area of surgery. Let soap stand for an additional 60 seconds. **AVOID CONTACT WITH EYES.** Rinse thoroughly. Dry off with a clean towel.
3. Do not apply any lotions, powders, or creams to the surgical area after cleansing morning of surgery.
4. Repeat steps the day of surgery as well.
5. If rash or allergic reaction occurs, stop using.
6. Dress in clean clothes when shower is completed.



Hibiclens can be purchased over the counter in the pharmacy area at many major retail outlets and drug stores.

### Shaving

Do not shave surgical site within 48 hours of surgery.

## Pain Medications:

For post-operative pain management, follow the medication plan provided to you by your surgeon.

If you have an allergic reaction or intolerance to the prescribed medications, contact our office to have your current treatment plan adjusted.

Narcotic pain medications are effective in diminishing pain perception and can effectively manage acute pain, such as surgery. The goal is for short term use.

Patients taking narcotic pain medications can experience nausea, confusion, drowsiness, and constipation. Use these medications only as prescribed and *as needed*. After the first 24-48 hours, switch to or supplement with over-the-counter pain medications to decrease the amount or need for narcotic pain medication. Icing and ambulation/walking should be done whenever possible for additional pain control. **Make sure you eat 5 minutes before taking narcotic pain medicine**



\*\*\* **Percocet, Hydrocodone, Oxycodone, OxyContin, Vicodin, Morphine and Dilaudid all require a hand-written prescription for refills. They can NOT be called in. Refills should be requested at least 24HOURS PRIOR.**

**NeuroSpine Center hours are Monday -Thursday 8 AM - 5 PM and Fridays 8 AM - 4 PM**



**DOSE OF REALITY**  
PREVENT PRESCRIPTION PAINKILLER ABUSE IN WISCONSIN.

Wisconsin healthcare providers are taking a step in the right direction! The number of prescribed opioids declined 18% from 2010 to 2015.

Never flush or drain unused narcotic medication. Whenever possible, take unused prescription drugs to a collection program or event. To find the nearest location go to:

<http://doseofrealitywi.gov/drug-takeback/find-a-take-back-location/>

## Caring for Your Incision Site:

Some shadowing on your dressing is normal. You should note decrease of drainage over the first few days.

### How to Care for Your Incision

- ❖ Keep your wrap/dressing clean, dry and intact until your first office visit.
- ❖ When showering/bathing wrap in a plastic cover.
- ❖ Do not submerge in water until wounds have completely healed.
- ❖ Do not put cream or ointments on the wound.
- ❖ Sutures will be removed during an office visit approximately 2 weeks after surgery.

## Infection Prevention:

You play a very important role in preventing post-surgery infection. Although the risk of infection is minimal, it's important to follow these guidelines:

### Signs of Surgical Site Infection

- ❖ Redness, warmth, and increased pain at incision site
- ❖ Fever above 101
- ❖ Cloudy or foul smelling drainage from your surgical site

*Call your provider immediately if you notice any of the above signs of infection (920)882-8200*

Hand Washing: Before and after each dressing change.

1. Wet your hands.
2. Apply soap.
3. Vigorously rub your hands together for **20 seconds**.
4. Rinse.
5. Dry your hands completely with a clean towel.
6. Using your towel, turn off the faucet.

If soap isn't available, please use a hand sanitizer.

## Infection Prevention:

### Smoking:

Research shows that those who smoke or are exposed to second-hand smoke have a significantly increased risk of developing an infection.

### Diabetes:

This disease can slow down your body's ability to fight infection. High blood sugar (glucose) leads to high levels of sugar in your body's tissues. When this happens, bacteria grow and infections can develop more quickly. It's important that you maintain your glucose level within the recommended range. It is common to notice an increase in your blood sugar levels after surgery due to stress on your body and medication you may be taking.

### Home Environment:

Although they are not visible, bacteria are everywhere. While you recover, it's important to keep your home environment as clean as possible.

Pets can be a source of infection for patients who have open surgical wounds. Air polluted with second-hand smoke, or with germs of someone who may be sneezing and coughing, can also be a source of infection.

