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Spinal Fusion Class Overview

- Your Care Team
- Responsibilities
- Spine Surgery Overview
- Nutrition
- Preparing your House
- Pre-operative Checklist
- Day of Surgery Expectations
- Surgery Process- *videos*
- What to Expect After Surgery
- Physical Therapy
- Pain Management
- Durable Medical Equipment

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Your Bone and Joint Institute Team

- Surgeons
  - Casey Davidson, M.D.
  - John Klekamp, M.D.
  - Michael McNamara, M.D.
- Mid-Level Providers
  - Doug Eastham, PA-C
  - Carleigh Short, PA-C
  - Jon Tisdale, PA-C

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Financial Responsibilities

- Deductibles/co-insurance responsibilities.
- You may receive a bill from one or more of the following entities for procedures performed by Bone and Joint Institute of Tennessee physicians:
  - Physician Fee
    - Bone and Joint Institute of Tennessee
  - Facility Fee
    - Williamson Medical Center
    - Bone and Joint Surgery Center
  - Anesthesia Fee
    - Anesthesia Medical Group (AMG) (Williamson Medical Center)
    - Specialty Anesthesia of Tennessee (Bone and Joint Surgery Center)
  - Ancillary Services
    - Your physician may order tests, including, but not limited to, labs, pathology, radiology, etc. that may require additional interpretation.

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Spinal Fusion at Bone and Joint Institute

- Your orthopaedic surgeon has chosen the appropriate treatment course for you.
- Our spinal surgeons perform over 300 spinal fusions a year.
- This class is designed to address all spinal fusions.

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Spinal Fusion with Bone and Joint Institute and Williamson Medical Center

- Williamson Medical Center's Joint and Spine Center is accredited by the Joint Commission

- Williamson Medical Center Awards for Patient Safety by CareChex®
  - Top 10 percent in Region, the State and the Nation

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Nutrition

- Eat foods that are high in fiber and protein.
  - Fruits
  - Vegetables
  - Lean Meats
  - Nuts
  - Whole Grains
- Prepare meals that you can easily heat and eat.
  - Crockpot or prepared meals
- If you are diabetic, be sure to monitor your blood sugar.
- Be sure to have foods that have calcium and Vitamin D.
- Ensure and Boost can help supplement protein in your diet.

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Preparing Your House For After Surgery

Rugs and Furniture

- Watch for throw rugs and other objects
- Be sure to remove items that can prevent you from mobilizing.
- Lamps, cords, other items that could create a tripping hazard need to be removed or relocated.
- Remove books and other items on the floor as they are a fall hazard

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Which Chair Is Better For After Surgery?

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Preparing Your House For After Surgery

Bedroom

- If you have a bed that requires you to use a step stool to get in or out of it, look into taking the box spring out of your bed and putting some boards underneath. Try to removed the step stool as it can become a fall hazard. If you need one, have one with a rail on the side.

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Preparing Your House For After Surgery

Bathroom

- Avoid having any rugs or mats in areas where you could trip over them.
- Avoid having to use stairs to access your bathroom.

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Preparing Your House For After Surgery

Pets

- Watch out for pets which can create a trip hazard.
- Primary risk is tripping over a pet, their toys, or feeding dishes.
- Have a plan for your pet after surgery.

Someone to support you after your surgery.

- Have a loved one or friend stay with you after your surgery to assist for at least 1-3 days.

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What To Bring To Surgery

- Hearing Aids, eye glasses or contacts, dentures, and cell phone charger.
- Copy of your Living Will or Durable Power of Attorney for Health Care.
- Medication list with medication names, doses, and how often you take them. Bring any eyedrops you may have.
- Comfortable, loose fitting clothing to wear after your surgery.
- Supportive shoes- no flip flops, Crocs or slippers.
- Bring assistive devices such as CPAP, Walker, or any braces.
- Bone and Joint Surgery Center has a locker available for patient valuables.

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What Not to Bring to the Hospital

- Jewelry, credit cards, large sums of cash.
- Williamson Medical Center cannot be responsible for any valuables not placed in their safe, including cell phones and other electronic equipment.

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Preparing for Your Surgery

- Maintain current of activity, including physical therapy exercises.
- Hospital Arrival Time
  - You will receive a call the day prior to your surgery with what time you need to arrive.
  - Should receive call by 3 p.m.
  - If surgery is on Monday, you will receive your call the Friday prior.
  - Please refer to your surgery packet with specific information on your hospital or surgery center arrival.

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Preparing for Your Surgery

- Wash with antibacterial soap as directed by at your pre-admission appointment.
- Nose Swab
  - You had your nose swabbed at your PAT appointment
  - If negative, you will not receive a call from the nurse.
  - If positive, you will receive a call within 2 days and a prescription will be called into your pharmacy.

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Preparing for Your Surgery

- Smoking
  - **Minimize the use of tobacco prior to surgery.**
  - Using tobacco during your recovery will prolong your healing and recovery.
  - If you would like more assistance with treatments on how to stop smoking, please contact your primary care provider.
  - Smoking significantly increases the risk of pseudoarthrosis for patients undergoing both lumbar and cervical fusions. In addition to non-union, smoking also increases the risk of other perioperative complications such as infection, adjacent-segment pathology and dysphagia.

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Preparing for Your Surgery

- Clear Skin
  - Keep your skin clear from cuts, rashes, and scratches prior to surgery.
  - Anything that looks infected may cancel your surgery.
  - If there is a question, call our office at 615-791-2630 to discuss.
- Do not eat anything after midnight
  - Hospital
    - Do not eat, chew candy, gum, or mints
    - May drink **20** ounces of a sports drink: Gatorade, Powerade, Vitamin Water, & Body Armor (any color except red) up to 2 hours prior to your arrival at the hospital. Electrolyte drinks are best, but Sprite and water are acceptable.
  - Surgery Center: Do not eat or drink anything after midnight.

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The Day Of Surgery

- Remove all metal before arriving
  - Watches
  - Rings
  - Piercings
  - Dentures/Partials
  - Hearing Aids
- Driver
  - You will need someone to drive you to and from your surgery.
- Arrival
  - Please be on time to your surgery.

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ACDF Surgery Video

Visit **BoneAndJointTN.org/spinal-fusion-class** and click on **“Anterior Cervical Discectomy and Fusion (ACDF)”** to watch this video.

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ALIF Surgery Video

Visit **BoneAndJointTN.org/spinal-fusion-class** and click on **“Anterior Lumbar Interbody Fusion (ALIF)”** to watch this video.

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PLIF/TLIF Surgery Video

Visit **BoneAndJointTN.org/spinal-fusion-class** and click on **“Posterior Lumbar Interbody Fusion (PLIF)”** to watch this video.

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XLIF Surgery Video

Visit **BoneAndJointTN.org/spinal-fusion-class** and click on **“Extreme Lateral Interbody Fusion (XLIF)”** to watch this video.

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Laminectomy and Fusion Surgery

Visit **BoneAndJointTN.org/spinal-fusion-class** and click on **“Lumbar Laminectomy and Fusion”** to watch this video.

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What To Expect After Surgery

- Immediately after surgery
  - You will wake up in a recovery room where you will be monitored.
  - Surgery Center: You will wake up in the recovery room where they will get you up and walking.
  - Hospital: You will be taken to a room where an orthopaedic nurse will take care of you.
    - SCDs will be on your legs to prevent blood clots.
    - You may be given an incentive spirometer to use.
    - Physical therapy will get you up and work with you.
      - Light activity after surgery is important to blood flow and having safe transfers and ambulation.

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What To Expect After Surgery

- You will likely have a drain in place for 1-3 days based on the amount of fluid that is draining.
- Lumbar fusions will have a foley catheter in place for 24 hours.

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Managing Your Pain

- Your surgeon/PA will educate you about your pain management plan.
- *Pain Management plan at the hospital?*
  - Spine team works with Anesthesia to minimize your use of IV pain medication. Goal is for your pain to be controlled with oral pain medication. WMC does not use PCAs.
  - Blood pressure parameters are needed for pain medication administration.
  - It may take several minutes to receive pain medication once it is requested.
- You will not receive pain medication in your sleep at the hospital.

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Dr. Yates - Anesthesiologist at WMC

Visit **BoneAndJointTN.org/spinal-fusion-class** and click on **“Dr. Yates – Anesthesiologist with Williamson Health”** to watch this video.

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What To Expect After Surgery

- Days 4 - 7 after your surgery will be the most uncomfortable.
- No bending, twisting, or lifting. Do not lift anything heavier than a gallon of milk.
- You may have some slight bleeding on your bandage where the incision is located, the bandage can be removed after 2 days.
- You may have a sore throat, use a throat spray.
- Do not put any creams or lotions on your incision, just use soap and water. Do not scrub your incision; lightly pat to wash and dry it.
- Your stitches will be removed at your follow-up appointment.
- You will not be able to drive while on narcotic pain medication after surgery.

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Side-Effects of Pain Medication

- Narcotic opioid pain medications can be very constipating.
  - Take a stool softener and use the constipation protocol your physician has created should you have difficulty with a bowel movement.
  - If you have not had a bowel movement within 2 days leaving the hospital, please call Bone and Joint Institute.

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Spinal Fusion Healing

- Spinal fusions take roughly 3-6 months for the bones to fuse together.
- Do not take any NSAIDs such as Ibuprofen, Advil, Aleve, or Aspirin after surgery as it can hinder the bones from fusing.
- Do not use Nicotine
- Follow restrictions
- Take Calcium & Vitamin D supplements as directed.
- Have household movement to help prevent a blood clot.

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Bracing After Surgery-Cervical Collar

- Your surgeon may have you wear a cervical collar after surgery, please use as directed.
- Wear your collar at all times- including sleeping. (At least the first week, can come off while eating).
- You may take it off for showering.

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Bracing After Surgery-LSO Brace?

- Wear your brace as directed by your surgeon.
- Wear your brace at all times unless you are sleeping or showering.
- Make sure to familiarize yourself with your brace before leaving the hospital, ex: how to put it on & adjust it.

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Which Car Should You Ride Home From The Hospital After Spinal Fusion?

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Activity After Surgery

- Be sure to ambulate for 5-10 minutes at least 3 times a day.
- Don’t walk outside for two weeks after surgery to prevent wound infection.

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Equipment Needed After Surgery

- Iceman Ice Machine
- Walker
  - All lumbar fusions will get a walker at the hospital.

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Equipment Needed After Surgery

Description	Unit Price
Walker/Bariatric Walker	$40/$70
Cane	$15
Bedside Commode	$75
Shower Bench	$75
IceMan With Pad	$180
VenaGo	$165
COMBO PACKS	
Cane, Walker Combo/Bariatric Combo	$50/$80
IceMan, VenaPro Combo	$275
Bedside Commode, Shower Bench Combo	$125
IceMan, VenaPro, Walker Combo/Bariatric Combo	$300/$325
IceMan, VenaPro, Bedside Commode, Shower Bench, Cane, Walker Combo/Bariatric Combo	$450/$475

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When To Call Bone and Joint Institute After Surgery

- If you have a fever higher than 101.5 degrees.
- If the pain is not improving after taking pain medications and using ice.
- Excessive drainage from the wound, please give us a call.
- Unable to swallow liquids or a high pitched voice that sounds like Kermit the Frog.

Bone and Joint Institute Phone Number

615-791-2630

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Questions?

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