



Center for Spinal Disorders

www.AZSpineSurgery.com
Orthopaedic Surgery of the Spine
Spinal and Orthopaedic Rehabilitation

Hospital Information

What should I do before arriving at the hospital?

- Unless otherwise instructed, do not eat or drink anything later than 8 hours before your surgery. If you are having a procedure that involves approaching the spine from the front (anterior) you should eat a light dinner meal on the day before surgery.
- IMPORTANT EXCEPTION:** You may have a sip of water to take your usual medications.
- Plan on having someone available to assist you with daily activities.
- Stock up on groceries, including easy-to-prepare meals before you are admitted to the hospital, so that your return home will be as smooth as possible.
- The following substances can cause bleeding, anesthetic problems, and other serious complications. **Please stop using the following medications and substances 10 days before surgery:**
 - Anti-inflammatory medications (NSAIDS-includes Vioxx, Celebrex, Bextra, Ibuprofen, Naprosyn, Feldence and others)
 - All herbal supplements (such as St. John's Wort)
 - Vitamin E

When should I arrive at the hospital?

- You should generally arrive 2-3 hours before your procedure to allow time to complete necessary paperwork and needed pre-operative tests.

What should I bring to the hospital?

- A current list of medications
- A list of medication allergies
- Your insurance card, or other proof of insurance
- Any paperwork sent to you by the hospital
- A living will, if you have one prepared (You may prepare one at the hospital if you wish)
- Photo identification
- A comfortable set of clothes to go home in
- You should leave jewelry and other valuables at home
- Any x-rays of MRI's that you have not already turned over to the physician

When will I leave the hospital?

- You will be discharged from the hospital when you are medically stable to go home or to a rehabilitation facility. It is important for you to be prepared for your discharge so that non-medical issues (like a ride home, or someone at home to care for you) do not delay your discharge from the hospital.