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NEUROSURGEON &  
SPINE SURGEON

## **Preparing for surgery**

### **Starting now...**

**STOP SMOKING** – Smoke reduces circulation to the spine as well as the skin and muscles. Smoking has been shown to significantly reduce the success of spine surgery by as much as 50%. We recommend stopping all use of tobacco products and replacements (nicotine patches, gum, or pills) for two weeks before and at least 12 months after surgery.

**TAKE MULTIVITAMINS** – Start taking multivitamins twice daily with a calcium supplementation to help improve your postoperative healing.

### **TAKE CALCIUM AND VITAMIN D**

**TAKE VITAMIN C** – Start taking 500 mg of vitamin C twice daily to promote healing.

**TAKE VITAMIN E**- Limit vitamin E to less than 400 mg per day.

**STOP TAKING HERBAL MEDICATIONS:** - Some over the counter herbal medications or supplements have anti-clotting effects. There is an increased chance of bleeding.

**FILL YOUR PRESCRIPTIONS:** - You will be given prescriptions that you will need to fill before surgery.

**DO NOT TAKE ASPIRIN OR ANTI-INFLAMMATORIES:** - Stop taking any aspirin or anti-inflammatory medications. These drugs will increase the amount of bleeding during surgery as well as diminish the success of spine fusions. We will tell you specifically when to restart these drugs.

**ARRANGE FOR A RIDE HOME:** - You will need to arrange for a ride home from the hospital. If you are an outpatient surgery patient you will need someone with you for at least 24 hours after surgery.

**DO NOT DRINK ANY ALCOHOL 48 HOURS BEFORE AND AFTER SURGERY**

### **THE DAY BEFORE SURGERY....**

**CONFIRMATION OF SURGERY TIME-** Surgery times are subject to change. The surgery scheduler or the hospital will contact you one (1) business day prior to surgery with your exact arrival time.

**EATING AND DRINKING** - Do not eat or drink anything after 12:00am