

Back Institute
920 South Robertson Blvd.
Los Angeles, CA 90035
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Pre-operative Instructions for the Back Institute

Name _____

Our goal is to provide you with the best possible service and to make this transition to the operating room as efficient and comfortable as possible. As such, it is important that we gather complete and accurate information at the time of surgery scheduling and that you follow directions carefully. Your cooperation is necessary and appreciated.

One week before surgery – Pre-Operative Laboratory Tests:

Your necessary tests (which may include blood work, EKG, Urinalysis, etc...) are required to be completed within 7 days of your surgery. We would prefer that you complete these tests before coming to your consultation. However, you may schedule with our office to have the tests done on the day of your consultation. Please be aware that if any of the tests are abnormal or require further testing, your discogram and surgery will have to be rescheduled. That is why it is beneficial to have the tests done 7 days ahead of time. Please do not wait until the last minute because it takes time for the lab to return the results to your surgeon! If you have a history of heart problems, please have your primary care physician or cardiologist send us your medical records or write a letter explaining your medical history, and make sure it is then faxed or mailed back to our office. The surgical facility will not allow the surgery to go forward without receiving the above noted documents and tests at least 24 hours prior to your surgery. These tests are for your own safety as you undergo anesthesia and surgery.

The doctor has reserved special time for your procedure. In order to confirm your surgery date, the lab's information must be provided to the office. If we do not hear from you, your surgery will be rescheduled.

The tests that are ordered are your responsibility, unless you have scheduled them to be done at our facility during the consultation. We are here to assist you in completing the pre-operative requirements.

It is required to stop taking coumadin, warfarin, plavix, heparin 7 days prior to your Discogram or Surgery. Please consult your prescribing physician to make sure you are allowed to stop taking the before mentioned drugs. It is also recommended that you stop taking aspirin, anti-inflammatory medications, blood thinning agents and all over the counter pain medication with exception of Tylenol (Motrin, Advil, Ibuprofen, Aleve and all other over the counter pain medications increase the risk of bleeding during and after surgery).

The night before surgery:

Adults: You may eat a light supper, avoiding fatty greasy foods. **It is very important that you do not eat or drink anything, not even water, 8 hours prior to your scheduled discogram or surgery** as this could interfere with your anesthesia, increase the risk of pneumonia and cause postponement of your procedure. We do recommend that you do not eat or drink after midnight of that day.

The day of surgery:

You must arrange for your own transportation home from the surgery center after your discogram and after your surgery.

On the morning of your discogram or surgery, you must be at the surgical facility no later than your scheduled time. It is important that you show up on time or you may risk cancellation of your surgery.

There are occasions where your surgery may be delayed due to unforeseen emergencies or scheduling and we always suggest that you "bring a good book" to cover for this contingency. We do our best to anticipate the duration of our surgeries and schedule accordingly. However, we cannot predict everything and our top priority is always the health and safety of the patient on the operating table.

All patients will spend some time in the post-op recovery room following surgery. The exact amount of time can vary depending on the length of anesthesia and sensitivity of the patient to medication, but usually is not greater than 2 hours. Once you are stable enough to leave recovery room, you will typically be discharged home directly from the recovery room. **Under no circumstances are patients allowed to drive themselves home after the procedure.**

We hope we have answered all your questions. If not, please contact the office for further clarification. We also welcome any suggestions you may have about our office policies. By listening to your thoughts, ideas and suggestions, we can continually make necessary changes to provide our patients with the best possible care.