

# BEFORE YOUR LUMBAR SPINE SURGERY: NEXT STEPS



## Pain Management



## Activity



## Diet



## Education

### A Few Weeks Before Your Surgery

Take your regular medicines, as directed.

Try alternative pain management techniques, like: hot and cold therapy, massage therapy or acupuncture.

Stretch and stay as active as possible without causing pain.

Try to balance being well-rested and staying fit. This will help you recover after surgery.

Eat healthy foods that are high in fiber and drink plenty of water and clear fluids.

Do not eat highly processed or pre-packaged foods.

You will be given a packet of education materials from our office. Call our office if you have any questions: 207-885-0011.

### Night Before Surgery

Take medicines, as directed by the PREP nurse.

Shower as directed in the 'Getting Ready for Surgery' booklet.

Follow the instructions for eating & drinking given to you by the PREP nurse.

Do not drink alcohol, smoke, or use drugs for 24 hours before surgery.

You will have had a PREP phone call before your surgery to give you instructions. If you have not had a PREP call yet, please call: 800-838-8217.

### Day of Surgery

Take medicines as directed, by the PREP nurse.

Shower as directed in the 'Getting Ready for Surgery' booklet.

Follow the instructions for eating and drinking given to you by PREP.

You may drink clear liquids until 2 hours before your surgery. This includes water, apple juice, black coffee and tea.

You will have had a PREP phone call before your surgery to give you instructions. If you have not had a PREP call yet, please call: 800-838-8217.

### Healing at the Hospital

We will help you keep your pain managed while you heal.

We may ask you to rate your pain, on a scale of 0-10.

Your care team will show you how to slowly increase your physical activity after surgery.

You will not be able to eat or drink anything until after your surgery.

Your care team at the hospital will answer all of your questions.

It is normal to have more pain after your surgery. Feeling less pain promotes sleep and healing. Being prepared to manage your pain will help you start moving sooner.

# BEFORE YOUR LUMBAR SPINE SURGERY: NEXT STEPS

This information will help you know what to expect before your lumbar spine surgery. This information will help you get ready for your surgery and hospital stay. Your nurse or physician can help answer your questions and guide you through the schedule that works best for you

## Pain Management

- Take your medicines, as directed by the PREP nurse.
- Try alternative pain management techniques, like hot and cold therapy, massage therapy, and acupuncture.
- Review the resources in your pre-surgery education packet.

## Activity

- Take pain medicine 30 minutes before doing any exercise or activity.
- If you have exercises for your back, do them as long as they do not cause too much pain.
- Try to keep a balance between being well-rested and staying fit. This will help you recover after surgery.
- Change positions often. Do not wait until it hurts to move.
- Shower the night before and morning of surgery. Follow the instructions in the “Getting Ready for Surgery” booklet.

## Diet

- Drink plenty of water and clear fluids.
- Eat healthy foods that are high in fiber. Do not eat highly-processed or pre-packaged foods.
- You may drink clear liquids until 2 hours before your surgery. This includes water, apple juice, black coffee, and tea.
- Prevent constipation with fiber supplements, eating healthy foods high in fiber, and drinking at least 8 glasses of water every day. You can also try natural laxatives, like prune juice.

## Education

- Review the patient education materials in your packet.
- Try to quit smoking for this surgery. Smoking is directly linked to spinal disc breakdown and can make it harder for your body to heal. If you need help making a plan to quit, call the Maine Tobacco Helpline at 800-207-1230.