

SPINE SURGERY OUTPATIENT CHECKLIST

BEFORE YOUR NECK OR BACK SURGERY



HAVE MEALS AND SNACKS PREPPED FOR YOUR RETURN HOME

Many of our patients stock their freezers with prepared meals and have other convenient foods ready to go. This helps to save time and energy after surgery. Your body will undergo healing and repair after your surgery, so you'll want to provide it with nutrition and fuel to help that process.



INVEST IN A TOILET RISER

You might have seen this device before - it's a smooth plastic piece that sits on top of your toilet seat, about 8-12 inches high. Some surgeries may result in leg or knee stiffness or pain, making it difficult to bend and sit -- a toilet riser can help to avoid any significant pain.



MAKE SEARCHING FOR ITEMS EASIER WITH A HAND-HELD "REACHER" OR "GRABBER."

You can find these in many stores that sell rehab equipment -- but you might also find them (at lower prices) at department stores or pharmacies. There are several styles, but these helpful, hand-held devices are lightweight, with a grabbing device on the end for picking up socks, napkins, pencils, etc.



MAKE GETTING DRESSED EASIER WITH SLIP-ON SHOES.

Normal, everyday movements (like bending down to tie your shoes) can be made more difficult while you're healing from spinal surgery, so having a pair of slippers handy will make things easier on you.



HAVE ALL OF YOUR ESSENTIAL AND PERSONAL ITEMS WITHIN REACH.

Make sure items like tissues, water, TV remotes, books, and magazines are all set up near your "recovery station" so that you can rest at home without interruption after your surgery.

DURING YOUR NECK OR BACK SURGERY

MORNING PREPARATION:

- On the morning of surgery, you'll be checked in at your treatment center by the nursing team, who will make sure you're fully prepped and taken care of before the operation.
- Your doctor will also visit with you before the surgery to go over the procedure and answer any questions you may have.

DURING TREATMENT:

- At OLSS, most surgeries are performed in 1-2 hours.

- Our team will make sure you are comfortable and at ease before administering anesthesia and performing your surgery.

RECOVERY:

- Upon surgery completion, patients typically spend a brief time in a recovery room immediately afterwards for monitoring before going home.
- At OLSS, we provide outpatient options for the majority of our treatments, so our patients have the convenience of checking-in and checking-out the very same day for an at-home recovery.

AFTER YOUR NECK OR BACK SURGERY



- Avoid Alcohol
- Avoid Smoking
- Avoid Being Sedentary



- Set Up Physical Therapy
- Take Pain Medication as Needed
- Maintain Healthy Habits

SET YOURSELF UP FOR A SUCCESSFUL TREATMENT EXPERIENCE

If you're considering surgery, be sure to work with a team who will guide you through the process. Our patients experience faster, more efficient recovery times because they have researched and worked with our doctors to prepare themselves and their home environment for post-operative care.

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