

NORTHERN CALIFORNIA SPINE & REHABILITATION ASSOCIATES  
2801 K STREET, SUITE 410 -- SACRAMENTO, CA 95816

## Medications

You are scheduled for a surgical procedure in the near future. It is important that you avoid certain medications that may complicate your surgery. Avoid all products containing aspirin as well as non-steroidal anti-inflammatory medications for two (2) weeks before surgery. If unsure, ask your doctor or pharmacist. All of these products have a blood-thinning effect and may increase your blood loss during surgery. Some of these medications are:

Bufferin	Advil	Clinoril	Soma Compound	Tolmetin Sodium
Anacin	Motrin	Feldene	Carisoprodol & Aspirin	Ketoprofen
Empirin	Indocin	Tolectin	Indomethacin	Diclofenac
Damason	Naprosyn	Ibuprofen	Naproxen	Fiorinal
Darvon	Meclomen	Orudis	Trisalicylate	Relafen
Percodan	Trilisate	Voltaren	Sulindac	Propoxyphene
Nuprin	Butazolidin	Piroxicam	Lodine	Zorprin
Aleve	Arthrotec	Excedrin	Daypro	Ginko

If you are taking any "blood thinners," (Coumadin, Heparin or Plavix) or aspirin regularly for your heart, you **MUST SPEAK TO THE DOCTOR** as soon as possible for special instructions.

Discontinue Vitamin E or any multi-vitamins containing Vitamin E two (2) weeks before surgery. Vitamin E can cause bleeding.

If you require any medication for pain during the two weeks prior to surgery, you may use acetaminophen products (Tylenol, Anacin II, Datril, Panadol, Vicodin, DuoCet, Percocet, Darvocet, Soma). These medications do not have a blood thinning effect and will not increase your blood loss during surgery.

It is important that you pay attention to this information. Read the labels of all medications to ensure there is no aspirin in the product. Ask the pharmacist if you have any questions about a medication. **PLEASE CHECK WITH YOUR DOCTOR(S) BEFORE DISCONTINUING ANY PRESCRIBED MEDICATION.** If you have any questions, feel free to contact our office at (916) 733-8277.

When you come in for your pre-surgical appointment, please bring with you all the containers of the medications which you are currently taking. This will allow us an opportunity to make an accurate list to send to the hospital.

## Health Status

If, at any time in the ten (10) days prior to your scheduled surgery, you develop any type of illness (including cold and flu), a "flare-up" in any other health problem, or develop a temperature; it is vitally important that our office staff be notified. Seemingly minor health problems can become quite serious when combined with the stress of surgery. Any female who suspects the possibility of pregnancy should notify our office staff immediately.

Recent information reveals that smoking has a significant negative effect on your body's ability to heal. A smoker runs a 50% greater risk of not healing a spine fusion than a nonsmoker. For this reason, to maximize your chance of healing the fusion, you must stop smoking prior to your surgery and avoid smoking until your fusion has healed.

### **The Night Before Surgery**

The night before surgery, **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT. DO NOT CHEW GUM, SWALLOW TOOTHPASTE, SUCK CANDIES, OR TAKE SIPS OF WATER.** It can be life-threatening for you to have foods in your stomach during surgery. Be sure to inform your doctor or admitting nurse at the hospital if you have swallowed any substances.

Avoid alcohol for two (2) days prior to surgery.

At your next office visit, please notify the office as to where you can be reached the night before your hospital admission, should the doctor need to contact you.

### **The Day of Surgery**

Arrive at the hospital admitting area at least two (2) hours prior to the scheduled surgery time. To prevent loss, leave your valuables at home. The anesthesiologist and your doctor must be aware of any/all medications you have taken in the last three (3) months. Bring a list of these medications with you, including the dosage and times you take them. However, leave your medications at home. If you have been fitted with a brace, bring the brace with you to the hospital.

### **Final Questions**

Choosing a surgical procedure is a major decision. You always have the right to change your mind, even after admission to the hospital. If for any reason you do not feel that you are ready for surgery, do not hesitate to inform your doctor.