Denver Spine Surgeons

PRE-OPERATIVE SURGERY INSTRUCTION SHEET

Dr. Gary Ghiselli

Pre-Operative Testing and Consents: A pre-operative physical will be performed with your primary care physician or at the hospital where surgery will be done and is a requirement for all patients. ***Be prepared to provide a medical history, including a list of current medications and dosage, allergies, and previous surgeries*** at your pre-op appointment. Anesthesia guidelines require that lab work be drawn within 14 days of surgery. EKG's and Chest x-rays are required on all patients over 40 years old and must be completed in the past six months. The pre-op testing appointment at the hospital may take up to two hours to complete.

Insurance Pre-Certification: Surgeries require pre-authorization from the insurer. Although Chris Tomasi will obtain pre-certification, patients are strongly encouraged to check with their insurance carrier regarding membership benefits (i.e. out of network and in network benefits) and eligibility.

- **DO NOT EAT ANYTHING AFTER MIDNIGHT** the night before your surgery. We understand that surgery is sometimes later in the afternoon and that this may be difficult for some patients, but if you are moved up on the schedule and you have anything in your stomach, you will not be able to receive anesthesia. Eating or drinking anything the day of surgery may cause your surgery to be canceled. **CLEAR FLUID ONLY** (water, black coffee or plain tea, carbonated beverages, and pulp-free juice), if instructed by the hospital pre-op nurse, is allowed by Dr. Ghiselli six hours prior to your surgery time. Please check with the office if you are not sure. When in doubt, **DO NOT EAT OR DRINK ANYTHING!** Diabetics will receive special instructions from your personal physician. Do not smoke or drink alcohol 24-hours prior to surgery. (See special note to smokers below). Generally, **only necessary medications should be taken with a small sip of water on the morning of surgery.** Again, please check with the office if you have any questions.

- **DO NOT TAKE ANY ASPIRIN, aspirin products, or anti-inflammatory medication** one week before surgery; this includes prescription and over-the-counter medications such as: Advil, Ibuprofen, Motrin, Naprosyn, Aleve, Celebrex, Daypro, Relafen, Voltaren, Lodine, and combination medicines like Vicoprofen. These medicines can cause bleeding problems during surgery. Narcotic pain medications, muscle-relaxants, and Tylenol (acetaminophen) are okay to take before surgery.

- **DISCONTINUE THE USE OF DIET PILLS AND ALL OTHER HERBAL OR "NATURAL" SUPPLEMENTS** such as ginkgo, ginseng, valerian root, St. John's Wort, melatonin, shark cartilage, chondroitin, glucosamine, fish oil and ephedra two weeks before surgery, or as soon as possible. **Do not take vitamin E** one week before surgery. Most multi-vitamins, vitamin A, B, C, D, and calcium may be continued.

- Do not schedule any dental work, especially cleaning, within two weeks of surgery.

- If you develop a cold, fever, persistent cough, infection or become ill within 48 hours of your surgery, notify the office immediately at 303-MY-SPINE (697-7463).

A SPECIAL NOTE TO SMOKERS: DR. GHISELLI REQUIRES THAT YOU DISCONTINUE SMOKING AT LEAST TWO WEEKS PRIOR TO ANY SPINAL FUSION SURGERY. THIS IS TO ENSURE FUSIONS AND POST-OP HEALING WILL TAKE PLACE. YOUR SURGERY WILL BE CANCELLED IF YOU HAVE NOT STOPPED SMOKING BEFORE SURGERY. HE ALSO REQUIRES THAT YOU REMAIN FREE FROM SMOKING FOR AT LEAST 3 MONTHS AFTER YOUR SURGERY, IF NOT FOR YOUR LIFETIME.