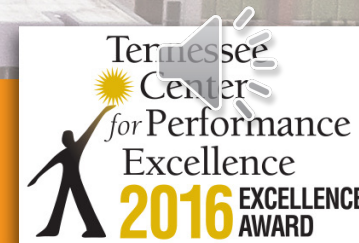


Wisdom for Your Life.

# Spine Class

Outpatient Procedures

**OUR MISSION** | To Serve through healing, education and discovery



Our goal is to provide you with the best practices to promote healing and recovery.



# Wayfinding – UTMC Way

## Apple

**UTMC Way** <sup>12+</sup>  
University Health System, Inc.  
★★★★★ 4.5 • 12 Ratings  
Free

iPhone Screenshots

Everything UT Medical Center has to offer at your fingertips.

Never get lost with turn-by-turn directions to any department, amenity or parking.

You have Arrived, stress free.

Save your parking spot and we'll get you back no problem.

## Android

# UTMC Way

University of Tennessee Medical Center

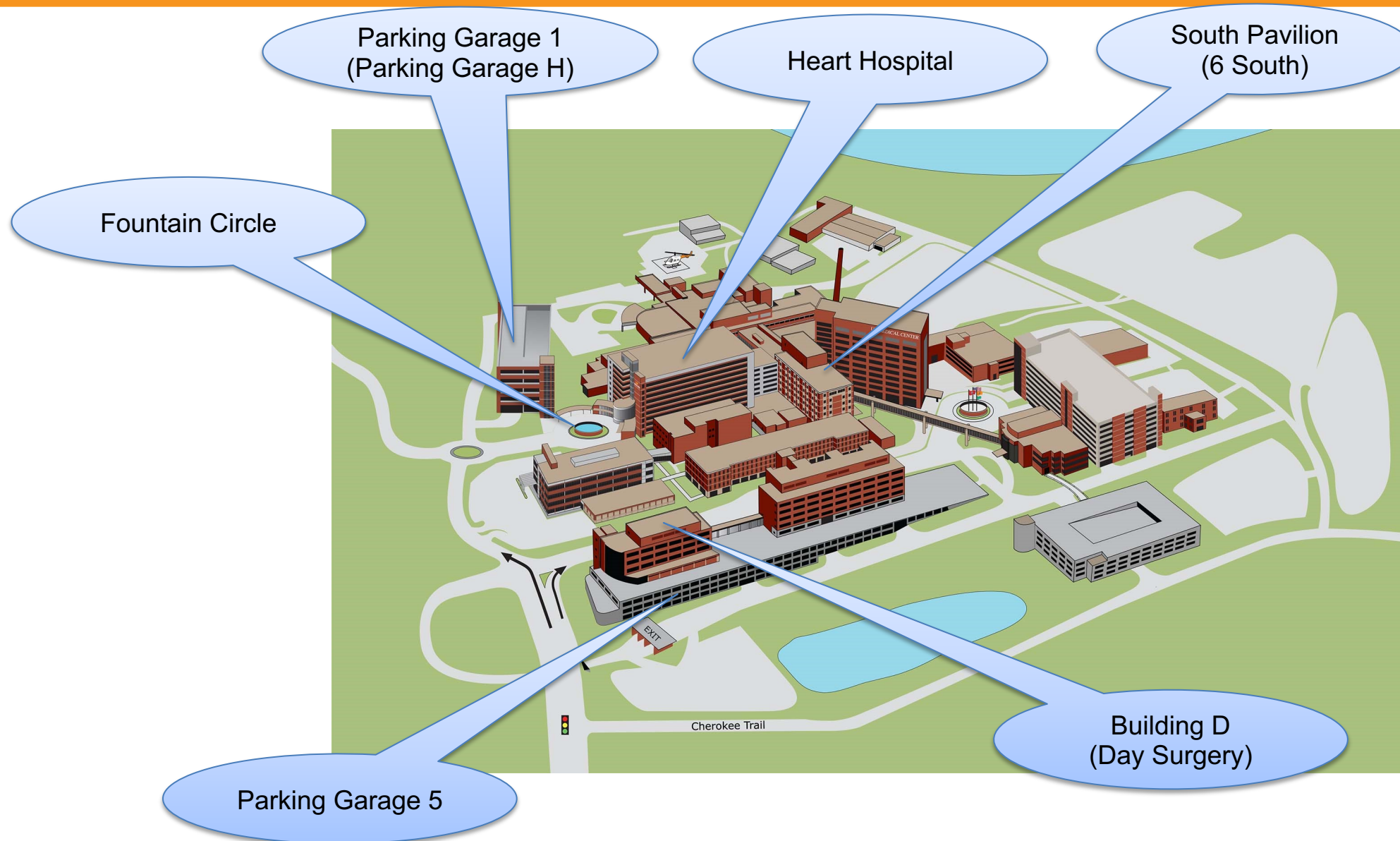
4.2★ 37 reviews | 10K+ Downloads | E Everyone

Install

Share

Add to wishlist

# Finding Your Way



# Pre-Anesthesia Testing

We provide Pre-Anesthesia Testing (PAT) for patients who are going to have surgery or a procedure that requires anesthesia.

The testing and assessment will include an interview with a nurse for your health history, a review of medications, and a review by an anesthesiologist. It may also include lab tests, EKG, nurse assessment and review of records from specialists.



- Aspirin: Do not take any aspirin, aspirin products, or NSAIDS (non-steroidal anti-inflammatory drugs) for seven (7) days prior to your surgery. Tylenol may be a safe alternative – check with Pre-Anesthesia Testing or your surgeon’s nurse.
- Medication Changes: Contact your surgeon’s office or Pre-Anesthesia Testing if there are any changes with your medications or other questions on medications.
- Medication Questions? Contact:
  - *Neurosurgical Associates, Inc. (865)524-1869*
  - *Pre-Anesthesia Testing: (865)305-9076*



## PREPARE YOUR RETURN HOME

*Develop a plan based on help needed, home environment, and assistance available on return home.*

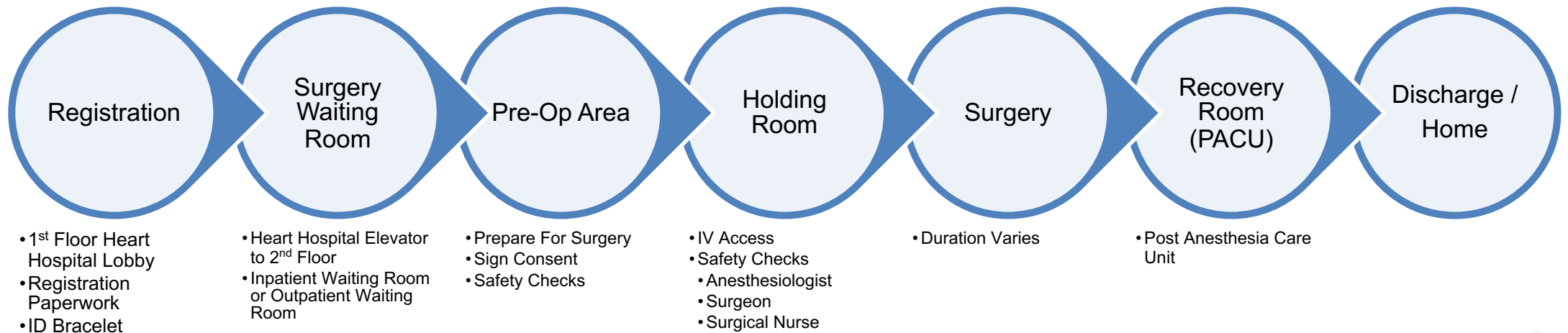
- Get Help: Arrange for someone to stay with you during your recovery.
- Meal Plan: stock pantry; get assistance; meal preparation; arrange kitchen – place commonly used items in easy reach
- Remove Tripping Hazards: throw rugs, extension cords, clutter; install night lights; arrange furniture as needed; contain pets
- Prepare Living Space: bed, bathroom, dining, and personal needs on a single level in your home.
- Shower Equipment: shower bench/chair may helpful after surgery. Typically not covered by insurance.
- Telephone: Keep portable or mobile phones within easy reach in case of emergency. Pre-program emergency contact numbers.
- Safe Shoes: a pair of closed-heel walking shoes with rubber, non-slip soles.



## WHAT TO EXPECT ON DAY OF SURGERY

Main OR: Outpatient

Parking: Parking Garage 1

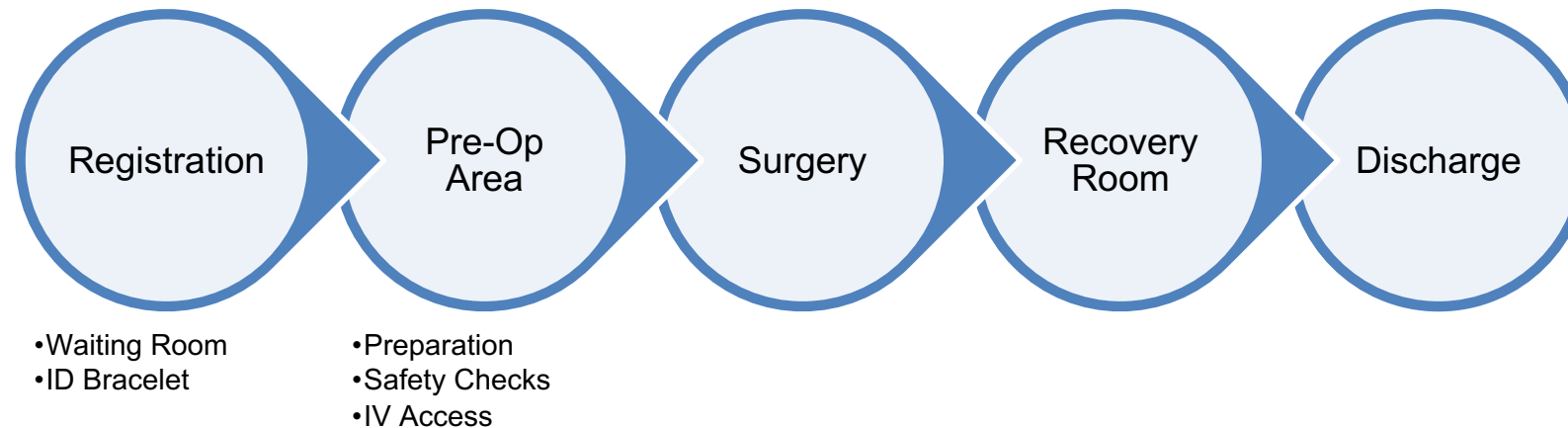




## WHAT TO EXPECT ON DAY OF SURGERY

UT Day Surgery: Building D, Suite 170  
865-305-8585

Parking: Parking Garage 5 (under buildings C and D)



## AFTER SURGERY

Promoting Full Recovery and Preventing Complications

- Activity: Avoid prolonged bed rest or inactivity. Typically, up and moving around the day of surgery. Progressively going longer distances. Gentle progression of activity.
- Post-Anesthesia Nausea: Please notify Anesthesiologist prior to surgery if you've experienced this with prior procedures
- Constipation: Common side effect of pain medications – increase fluids, fiber – over-the-counter laxatives/stool softeners
- Surgery Site Care: Varies depending on surgery & surgeon preference. Clear written and verbal instructions for care upon discharge.



# Walking Program



Leads to significant improvement in quality of life, fatigue levels, and physical function

Improves cardiovascular system and reduces the risk of some health problems

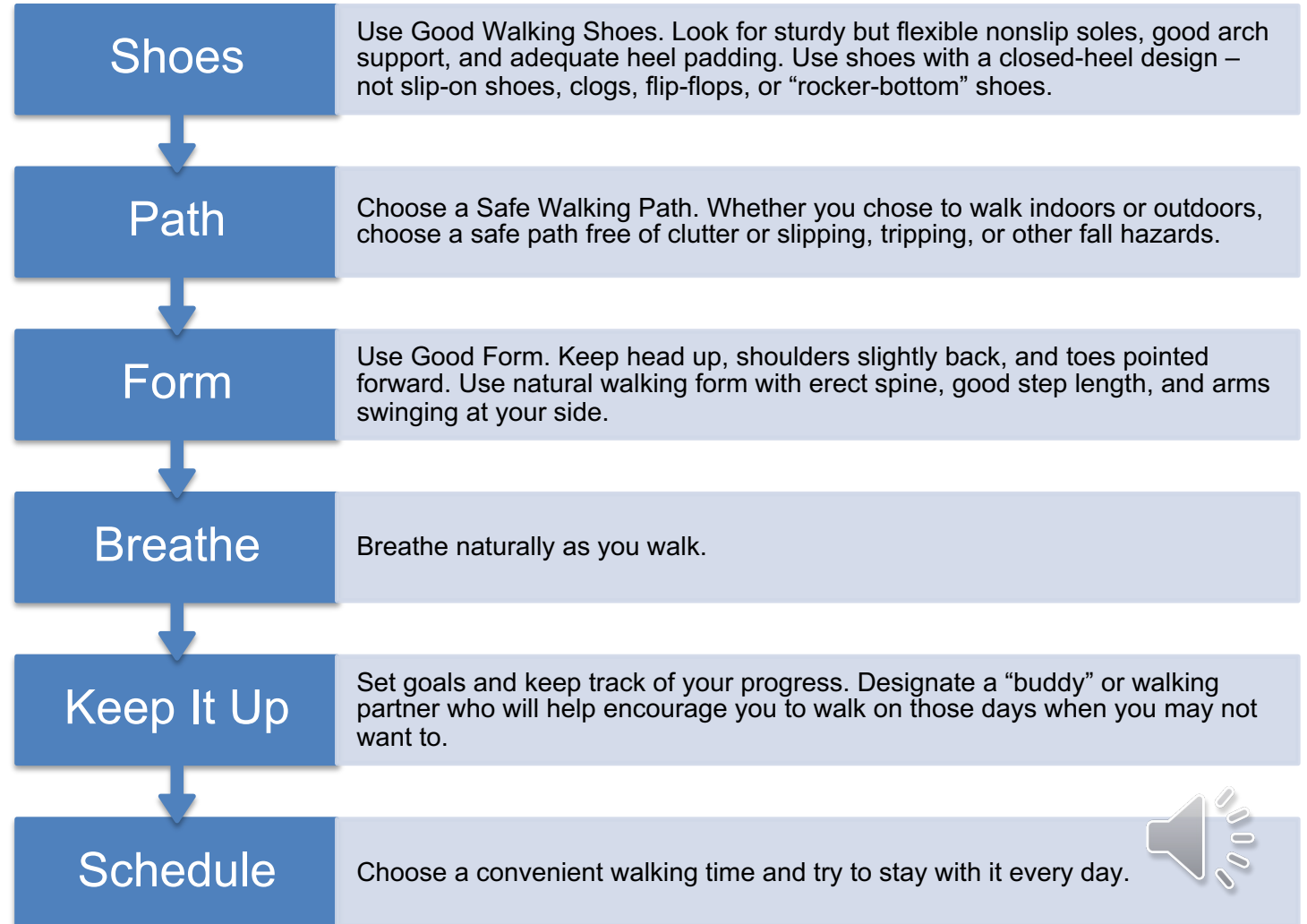
Aids in recovery by restoring mobility

Promotes healing and speeds your recovery

Walking is a healthy way to begin your body's rehabilitation



# Walking Program



## Walking Prescription \*

- 150 minutes of moderate intensity exercise per week.
- 30 minutes a day, 5 days a week.
- If limited now, start easy and gently progress....
  - 5-minute walk, 2 times a day
  - Add a minute or two to each walk every day with a goal to get 150-minutes or more per week



Seek immediate medical attention if you experience chest pain or tightness or other symptoms of heart trouble.



\* Centers for Disease Control, Academy of Sports Medicine

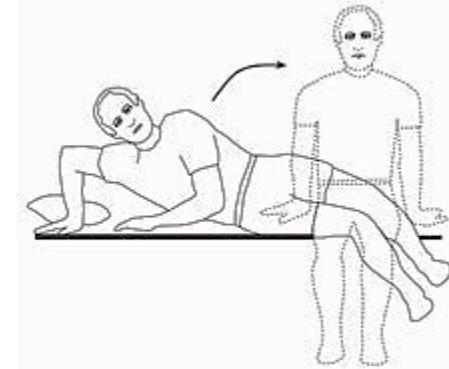
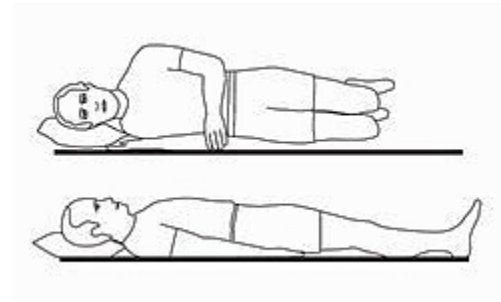
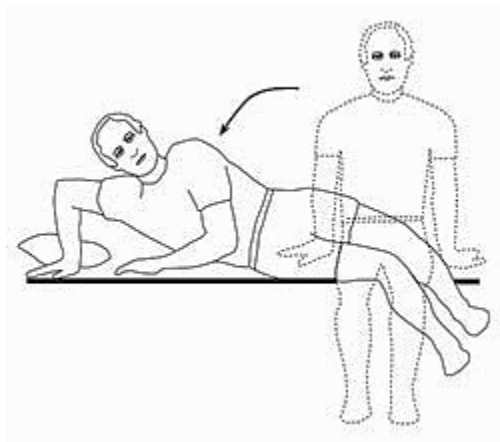
## Safe Lifting

- Follow Surgeons orders / restrictions  
(No lifting, 5-lbs, 10-lbs)
- Plan Ahead
- Test Load
- Keep Spine in Neutral Alignment
- Keep Load Close to your Body
- Lift With The Legs
- Pivot With Feet – Do Not Twist Spine
- Maintain Stable Base of Support



## Transfers

### In / Out of Bed: Log Roll Technique



## Transfers

In / Out of Car: Sit and Pivot





## PREVENTING INFECTION

- If diabetic, control your blood glucose/insulin levels.
- **QUIT SMOKING!**
- **Illness:** In the week prior to your surgery, tell us right away if you feel you might be ill or have an infection of *any* kind – cold, fever, cough, rash, infection, toothache, or other physical health change.
- **Surgery Cleansing Procedure**



## PREVENTING INFECTION

- Ask all friends and relatives not to visit if they are ill or not feeling well.
- Wash your hands frequently.
- Family & friends should clean their hands with soap and water or an alcohol-based hand rub before and after visiting you.
- Your medical team is required to wash their hands on entry and exit from your room. Don't be afraid to ask the medical team if they have washed their hands.
- Excellent oral hygiene. Brush your teeth several times every day.
- Bed linens will be changed every day during your stay with us. Please notify your nurse if your linens need to be changed more frequently.
- Notify your nurse if the dressing on your wound is loose or wet.
- If you have a drainage tube, notify your nurse if it comes loose or leaks.
- Family and friends should NOT touch the surgical wound or dressings.



Perform this Treatment 3 Times



1. Two Nights Before Surgery

2. The Night Before Surgery

3. The Morning of Surgery

## With each treatment:

1. Wash your hair with your normal shampoo and/or conditioner. After, fully rinse your hair and body to remove all soap.
2. Wet a clean washcloth. Turn the water off.
3. Apply the CHG soap to the clean, wet washcloth. Thoroughly wash your body from the neck down. Do **not** apply CHG near your face, eyes, ears, or genitals.
4. Gently wash your body for 5 minutes. Focus on the parts where you are having surgery.
5. Use the whole bottle (4 oz/120mL) of the CHG soap with each treatment.
6. Allow the treatment to dry for 1 minute.
7. Turn the water back on. Fully rinse your body.
8. Do not shave the parts of your body where you are having surgery.
9. Pat yourself dry with a clean, soft towel.
10. Do **not** apply any lotions, powders, perfumes, deodorant, or makeup. Do **not** use any alcohol-based hair or skin products.
11. Put on clean clothes after your shower.
12. Place clean sheets on your bed after the first treatment





## Smoking & Spine Surgery:

- More Frequent Complications & Worse Outcomes
- Increased Risk of Infection
- Increased Failure Rates
- Difficult Pain Control
- Longer Recovery Times
- Healing Interrupted



- Keep post-op appointment with surgeon.
- Eat well balanced meals and drink plenty of liquids.
- Use ice (or frozen bagged vegetables in a pillowcase) over the incision for comfort and swelling.
- Do not drink alcohol or drive while taking pain medications.
- Call your surgeon's office if you have any questions or concerns
- Continue walking daily.



Call your surgeon if you have:

A persistent temperature greater than 100.5° F

Severe pain that is not relieved by medication

Increased redness, swelling, or tenderness of your incision

Persistent drainage from your incision. Foul odor.

Substantial tenderness in the calf of either leg

Call 911 or go to the nearest emergency room if you experience chest pain, shortness of breath, or difficulty breathing.



