

Name: _____

SURGERY INSTRUCTIONS

You are scheduled for surgery with Dr. Wylie on

You are scheduled for a pre-op apt with Dr. Wylie on

You must get clearance from your primary care physician prior to surgery. Please contact your PCP for an appointment and take the prescription given to you at your appointment. If you have a cardiologist or other specialist, clearance will be needed as well.

Your arrival time at the hospital is 2 hours prior to your surgery time. Please go by the time I have given you, even if the hospital tells you different. IF your arrival will be unavoidably delayed on the day of surgery, please contact the hospital promptly at 817-433-1850. Sometimes a surgery can be rearranged to allow for another surgery to proceed and yours be moved to a later time that day.

Arrange for someone to drive you home after surgery; for safety reasons you will not be allowed to drive yourself home.

You are scheduled for surgery at **Harris Methodist Southwest, Address: 6100 Harris Parkway, Ft Worth TX, 76132**. You will need to preregister at **877-773-2368** or online at **Texashealth.org/preregister**.

You will also need to call **817-433-1845** to set up a pre-op appointment. That appointment will be one week prior to surgery. Take all actual containers of medications with you to your pre-op appointment.

WITHIN 7-10 DAYS PRIOR TO SURGERY, YOU MUST DISCONTINUE ASPIRIN, ANTI-INFLAMMATORIES (MOTRIN, IBUPROFEN, ADVIL, ALEVE AND ARTHRITIS MEDICATIONS), COUMADIN (WARFARIN) OR PLAVIX TEN DAYS PRIOR TO SURGERY UNLESS YOUR SURGEON SPECIFICALLY INSTRUCTS OTHERWISE.

Tylenol or pain medication may be taken up the night before surgery.

You may continue to take a Daily Multi Vitamin but must stop taking any supplemental vitamins; this includes any type of diet pill (Metabolife). If these are not discontinued within 2 weeks prior to surgery, Anesthesia will not allow surgery.

DAY BEFORE SURGERY

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY (NOTHING BY MOUTH) this includes no gum, hard candy, tobacco, juice, coffee, crackers, etc.. For your safety, your stomach must be empty prior to anesthesia to prevent vomiting. The only exception is critical medicines, which may be taken with a sip of water; pre-op department at hospital will advise you with this.

DAY OF SURGERY

Medicines to take with sip of water: Blood pressure (Anti-hypertensive) heart medicine, digoxin. You may take your asthma or pain medication if needed.

Remove earrings and body jewelry due to electrical current grounding.

DO NOT TAKE: Diabetes medication (Glucotrol, Glucophage, etc.), blood thinners (Coumadin, Warfarin, Plavix), hormones, antidepressants, sedatives.

Leave at home any valuables. Avoid wearing eye makeup, contact lenses, and expensive clothing. **Wear comfortable clothing.**

Dentures, glasses and contacts must be removed prior to surgery and could be lost, if at all possible, please leave these items at home or arrange for someone to hold during surgery.

LATE ARRIVAL MAY BE CAUSE FOR YOUR SURGERY TO BE CANCELLED AND RESCHEDULED FOR A LATER DATE.

IF YOU MUST CANCEL YOUR SURGERY, PLEASE NOTIFY OUR OFFICE OR ANSWERING SERVICE AS SOON AS POSSIBLE.

Your Insurance will be turned in to Fort Worth Orthopedics' insurance office and to the hospital's insurance office, any out of pocket if there is any, you will hear from our office. And the Hospital will call you on their charges.

Thank you for trusting us in you healthcare needs and best wishes for a successful surgery and healthy recovery!!

Dr. Wylie's contact for any questions:

Alicia (Surgery Scheduler) 817-433-3450, opt 2

Frances (M.A) 817-433-3450, opt 2

Brenda (M.A.) 817-433-3450, opt 2

Jessica (M.A.) 817-433-3450, opt 2

POST OPERATIVE BACK FUSION ACTIVITY SCHEDULE

Below are basic guidelines not to be exceeded

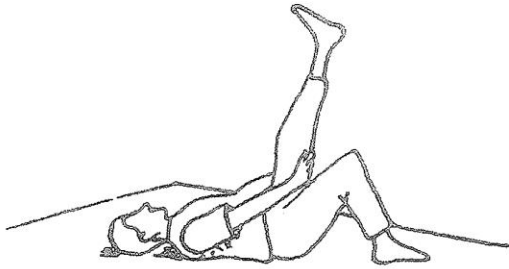
Week 1	Limit standing to 30 minutes				
	Recliners can be used as tolerated				
	Walk six times per day for 15 minutes, as tolerated				
	Lifting limit of 5 pounds or no heavier than a gallon of milk				
Week 2	Limit sitting to 30 minutes at one time				
	Walk six times per day for 15 minutes, as tolerated				
	Lifting limit of 10 pounds				
	You may begin to drive if cleared by Dr. Wylie				
Week 3	You may sit as long as tolerated but no more than 45 minutes				
	Walk six times per day for 20 minutes				
	Lifting limit of 15 pounds				
	Formal physical therapy or home exercises as instructed by Dr. Wylie				
Week 4	Walk six times per day for 20 minutes				
	Lifting limit of 20 pounds				
	You may ride a stationary bike, if available				
Week 5	Walking as tolerated				
	Lifting limit of 20 pounds				
Week 6	Lifting limit up to 20 pound				
Week 7	Continue strenthening, stretching and home exercise program				
	Lifting limit of up to 20 pounds				
Week 8	Lifting limit of 30 pounds				
	Walking as tolerated				
	Continue exercise program				
Week 9-12	Lifting limit of 30 pounds				
	Continue walking				
	Continue exercise program				
Week 13-16	Lifting limit of 40 pounds or as instructed				
Weeks 17-20	Lifting limit of 40 pounds or as instructed				
	Activities as tolerated				
	Home exercise program				

Post-Operative back instructions

- **DRESSING** – You need to change your dressing each day for 1 to 5 days until the wound is dry. Sterile gauze pad (4x4's) and paper tape is recommended. When the wound is dry, no dressing is needed. For the first couple of days, you may have a small amount of drainage on your dressing from the drain site. This should stop in 48 to 72 hours – if this continues please contact Dr. Wylie.
- **WOUND CARE** – Your wound is closed with staples and/or sutures that will need to be removed at approximately 10 to 21 days postoperatively. These will be removed at your first appointment after surgery.
- **INFECTION** – You have been given antibiotics intravenously and after surgery to prevent infection. If your wound becomes reddened or you notice increased drainage, please call Dr. Wylie. If you note fever greater than 101.5 degrees or chills, these could be signs of infection and you should contact Dr. Wylie.
- **SHOWERING** – showering is permitted after the drains are removed (1-2 days). Gently pat the area dry with a towel after showering. You should not soak your wound in a bath tub or hot tub until after your first visit with Dr. Wylie.
- **PHYSICAL THERAPY** – This will begin 3 to 8 weeks after your surgery. Dr. Wylie will see you back before initiating the back exercise program and/or aqua therapy.
- **PAIN** – You will still experience some back and/or leg pain after your surgery. This is normal and results from swelling and irritation from the surgery. You will find that as your activity level increases, you may have an increase in your symptoms. If this does occur, you should decrease your activity level slightly to make yourself feel more comfortable. You may use ice on your back as needed to help with pain and swelling after staple removal. It normally takes 12 weeks for the bone to begin fusing together and a completely solid fusion can take as long as 6 to 12 months.
- **NUMBNESS** – Numbness in your legs may persist and is sometimes slightly worse after your surgery due to local irritation. This may be the last symptom to improve and it may take several weeks to several months for you to note improvement. Any numbness near the rectum or between the legs should be reported immediately to Dr. Wylie.
- **STRENGTH** – If you have previously lost strength in your legs, this will take time to improve. Physical therapy will be started at the appropriate time to help you regain your strength.
- **MEDICATIONS** – Dr. Wylie has given you pain medicine to take as directed, usually at the preoperative appointment. In addition, you may receive muscle relaxants to take for muscle spasms. You should not drink alcohol or drive when taking these medications. If you should have any questions or concerns regarding your medications, please call Dr. Wylie. **If you are in need of more pain medication, please have your pharmacy call/fax us during office hours.**
- Your records are not available after 5:00 pm weekdays or on weekends. Prescriptions **cannot** be filled by the on call physician. If you have been given antibiotics after surgery, make sure you take them until they are completely gone.

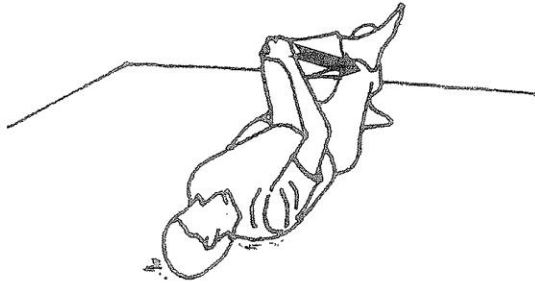
- **SMOKING** – Studies show nicotine in the bloodstream inhibits the body’s ability to fuse or heal bone. Smoking, chewing tobacco or wearing a nicotine patch can adversely affect the healing of your bone fusion. It is **MANATORY** that you do not smoke or use any products containing nicotine after surgery to ensure a successful outcome. A failed fusion from using nicotine products may cause even more back pain than the original problem for which you had surgery.
- **DRIVING** – You may begin to drive approximately 2 to 8 weeks after surgery after evaluation by Dr. Wylie. You should feel comfortable with your ability to drive before doing so and be off pain medications and muscle relaxers.
- **WORK** – normally, you will be off work for 2 to 4 months after your surgery before returning to light duty. This will depend on the type of work you are doing and the type of surgery. If you do heavy lifting, it may take longer for you to return to work. If modified work is available, you may be released to light duty before you return to regular work.
- **BRACE** – If a back brace was given to you for after surgery, it is very important that you wear it to help with the healing of your bone fusion. It is usually recommended that you wear your brave when you are in the sitting or standing position. It can be removed at night while you are in bed, unless instructed otherwise by Dr. Wylie. If you do need to get up at night, you will not need to wear your brace. The brave can be adjusted so that it is comfortable for you. The brave is usually worn for 2 to 6 months after surgery.
- **HEALING** – Fusion heal over variable periods of time averaging from 3 to 6 months. The fusion will continue to solidify for up to 1 year after the date of surgery.
- **BURSITIS** – It is common to experience hip pain after surgery due to stretching of the iliotibial band. This is often treated with a steroid injection.

If you have any questions or problems after your surgery, do not hesitate to call Dr. Wylie. He can be reached at 817-433-3450. For emergency needs outside office hours please call our office and the answering service will have the physician on call contact you.



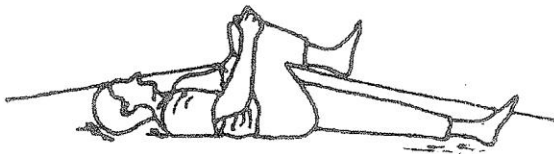
Hamstring Stretch

- Use hands to hold thigh straight up.
- Straighten knee until a stretch is felt.
- 3 repetitions with 30 second hold each leg.
- 1 to 2 times each day



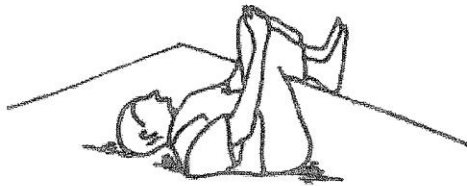
Piriformis Stretch

- With foot on opposite knee, twist the raised knee across your body.
- 3 repetitions each leg with 30 second hold.
- 1 to 2 times each day



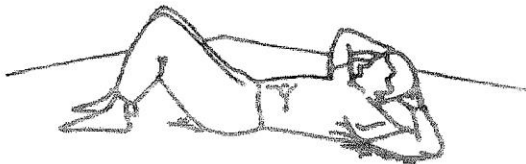
Knee to Chest - Single

- Pull knee to chest until a stretch is felt.
- 3 repetitions each leg with 30 second hold.
- 1 to 2 times each day



Knee to Chest - Double

- Pull both knees to chest until a stretch is felt.
- 3 Repetitions with 30 second hold.
- 1 to 2 times each day



Abdominal Curls

- Tilt pelvis to flatten back to floor or bed.
- Lift head and shoulders off floor or bed while tightening stomach muscles. Hold for a count of five.
- 10 repetitions up to 50 repetitions as tolerated.
- 1 to 2 times each day

Note: If any of these exercises or Green Book exercises are painful, the specific exercise should be discontinued.