

Before Surgery



Making Arrangements

- Get a **medical approval** for surgery. If your surgeon asks for a “Clearance for Surgery,” ask your primary care physician or cardiologist to send one to your surgeon’s office.

- Schedule your **spine education class** before your surgery. Overlake’s Centralized Scheduling Department will call you to schedule your spine education class and the pre-admission appointment (below). If you have not heard from their office, you can call 425-688-5700. Classes are offered twice a month on Mondays. This class will cover:
 - Preparing for surgery.
 - What to expect at the hospital.
 - What to expect for your recovery.

- Schedule your **pre-admission appointment** before surgery. My pre-admission appointment is on: _____ at _____
(date) (time)

The Surgical Pre-Admission office is on the first floor of the Overlake Medical Tower, Suite #130. See map on the back cover.

- Find a **coach**. Your coach is a family member or friend who will be able to help you after surgery (if needed). Your coach should be able to:
 - Go to the spine education class with you.
 - Visit you in the hospital to learn how to help you after you go home.
 - Stay with you for at least 24 hours after your surgery, or longer if needed.
 - Come to physical therapy with you in the hospital.
 - Help you to do the home exercise program three times a day.
 - Help with general housekeeping.
 - Provide transportation to appointments.
 - Help you get your meals, buy groceries, pick up medications.

My coach is:

He/She can be reached at:

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- Make copies of your **Advance Directives** and **Power of Attorney for Healthcare**. Put copies of your Advance Directives and Durable Power of Attorney for Healthcare in the pocket of this book and bring this to the hospital on the day of surgery. If you don't have these documents, we can give you information at your pre-admission appointment.
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- Make a list of **current medications**. Use the form at the back of this book to make a list of the medications that you are currently taking. This includes all herbs, supplements and over-the-counter medications. Also list any previous surgeries you have had. This will help your surgeon plan your care.
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- Arrange for someone to **care for family members and pet(s)**.
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- Arrange a **ride home** from the hospital. Make sure the vehicle has a passenger seat than can be moved back and can be reclined. Most seats are too low and you'll need a firm pillow to add height. To make it easier to get in and out of the car, place a firm pillow in a silk pillowcase or plastic bag so you may swivel on it (flannel pants on a velour seat will act like Velcro).
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- Attend the **pre-admission appointment** with your coach. At this appointment, you will sign your consent forms, get all needed tests completed and receive a parking pass. Please bring:
- A list of previous surgeries.
 - Your medication list (use the form in the back of this book).
 - A copy of your Living Will and/or Advance Directive and Power of Attorney for Healthcare if you have one.
 - The name and phone number of your primary care provider (and cardiologist if you have one).
 - Tell the nurse if you have had any lab work and/or an EKG done within the past 30 days.
 - Tell the nurse if you have an AICD (pacemaker). Bring the pacemaker model number so the nurse can contact the representative.

Prepare a bag for your hospital stay

- Bring comfortable, loose clothing to go home in. Patient gowns are worn while you are in the hospital.
- Bring sneakers or flat, rubber-soled supportive shoes and several pairs of stretchy socks. Cotton socks are usually harder to put on. If you have any socks with the non-skid tabs on the bottom, those may be useful when getting up and back to the bathroom. NO slippers, please.
- Do NOT to bring any jewelry, or valuables, including a computer or cell phone.

Stop smoking

If you smoke, quitting is the best thing you can do to speed your recovery and improve your overall health.

A large light blue rounded rectangular area containing horizontal lines for writing, intended for patient notes or questions.