

# Getting Ready for Your Spine Surgery

## Day of Surgery

### **Hospital arrival**

Most of your registration forms may have been completed either by nurse navigation or pre-registration. Therefore, you may go directly to the hospital's main lobby front desk and then immediately to the surgery waiting area on the third floor.

**Please arrive at the designated time previously instructed by the nurse navigation team.**

For your safety, you will be fitted with a patient identification wristband. All hospital staff you encounter will be asking for your name and date of birth. This is a safety measure.

### **Your surgery**

#### **Check-in**

Upon arrival to the Surgery Admitting Department, a registrar will review and confirm your demographics and date of birth. The registrar will ask for a picture ID, like a driver's license or state ID. After completion of registration, you, your spine coach, and other family members will be escorted to the pre-operative waiting area and introduced to your operating room nurse. Your nurse will ask a series of questions to ensure that all pre-operative instructions have been followed in order to proceed with surgery.

#### **Surgical dressing room**

Following check-in, you will be guided into a private dressing room to change into a hospital gown. You will then be weighed by the patient care technician and then escorted into a private bay area.

#### **Pre-operative surgical area**

Next, you and your spine coach will be escorted to the pre-operative surgical area. Your remaining family members may remain in the surgical waiting area, or visit our café or cafeteria. The pre-operative surgical area consists of a hospital bed and several monitoring devices. The admitting nurse will review your health history that you already provided to the nurse in the pre-admission's department. The nurse also will ask a few additional questions. The anesthesiologist will also see you before your procedure to explain your plan of care and review your provided health history. Your

surgeon also will see you before surgery. This is a time for you to ask any additional questions you have before surgery.

### **Surgical suite**

From the pre-operative surgical area you will be taken to your operating room. Our state-of-the-art neurosurgery suite is equipped with the most current instruments and supplies. The room temperature is usually kept low to help maintain the sterile environment. Warm blankets are provided. To position you for surgery, your surgical team will place your arms on arm boards, out and away from your sides. This will allow access to your IV, blood pressure cuff and other monitoring devices. After anesthesia has begun, you will be carefully positioned for your surgical procedure.

### **Your surgical team**

All members of your surgical team are specially trained in spinal procedures. The Advocate Condell spinal surgical team includes:

- neurosurgeon
- surgical assistant/physician assistant
- anesthesiologist
- certified registered nurse anesthetist
- circulator (registered nurse)
- scrub nurse ( registered nurse or certified technician)

### **Positioning for surgery**

The prone position ( on your stomach) is most often used during surgery for spine procedures. Depending on your procedure, your neurosurgeon will discuss which position you will be placed in.

### **Anesthesia**

Your anesthesia type and method may vary. Your physicians will work together to provide the safest and most comfortable form of anesthesia.

### **General anesthesia**

General anesthesia creates a deep form of sleep by administering medication into the blood stream. Medication will be given continuously throughout your surgery to maintain a balanced level of sleep. Following the procedure, the anesthesiologist will stop the flow of medication allowing you

to awake. This waking process may take up to one hour and may leave short-term side effects of nausea and fatigue.

### **Surgical procedure**

Your neurosurgeon will describe the details of your case well in advance of your surgery. Your back will be prepped and washed with a germ-killing solution that has an orange or tan tint. This solution is a preferred antiseptic that continues to work for hours after the surgery. When the surgery is completed, a bandage is applied to the surgical site. This typically consists of a bundle of gauze pad and several layers of adhesive surgical tape and steri-strips.

### **Recovery**

Once the dressing has been applied, your anesthetic medication will be stopped and you will begin to wake. You will be repositioned onto a hospital bed. You will be brought to a recovery room once you awaken, where recovery nurses will monitor your status. This phase may last for about an hour or until you are fully awake and ready to move to your hospital room.