

Pre-op Information

Our surgery scheduler will call you within a week to discuss surgery dates and a cost estimate. Surgeries are typically scheduled at least 2 months out.

We will send a pre-op letter via email prior to surgery (and let us know if you don't receive it).

Please bring a copy of your pre-op letter and medication list to your appointments.

Next, complete the following:

- Spine Colorado will schedule pre-op appointments (3) and classes (2).
 - Spine Colorado pre-op appointment
 - Mercy or Animas Hospital preadmit appointment
 - Mercy or Animas Hospital medical clearance appointment
 - Spine education class
 - Steps to surgical success class
- Obtain brace (if needed).
- Schedule CT scan if/when the hospital requests. *The hospital will contact you if a CT scan is needed.*
- If you are diabetic, Spine Colorado will order an updated A1C test.
- If you are under the care of a cardiologist, you must get surgical clearance from them.

We know this seems like a lot of preparation and work, but your involvement helps ensure the best possible outcome.

Remember

- If you are a former tobacco user it is critical you continue to abstain, as nicotine inhibits the body's ability to heal.
- Make arrangements for someone to drive you to and from the hospital.
- Depending on your procedure, you may need assistance at home. Plan to have someone stay with you for at least the first day or two, and possibly for up to a week.
- We recommend doing meal planning and grocery shopping ahead of time. You may also want to rearrange your kitchen, bedroom, and bathroom to make them as convenient and safe as possible.
- Carefully follow your physician's instructions about eating and drinking the day before and the day of your procedure.
- The best ways to optimize your recovery time and results are walking at least one mile per day, eating a healthy diet, and staying hydrated.
- You will receive additional information during your pre-op appointments and spine education class.
- Mercy Hospital offers a "Strong for Surgery" program to help prepare you for surgery that has a separate cost. Someone from the hospital may call to discuss this option with you. (It is available to patients having surgery at either ASH or Mercy).

Please call 970-382-9500 with any questions