

Instructions for Patients Scheduled for Spine Surgery

1. **Medication:** Two weeks prior to the scheduled surgery date, stop taking all non-prescription medications (except Tylenol/acetaminophen) and any herbal supplements that may cause excessive bleeding. This includes all anti-inflammatory medications such as aspirin, Advil/ibuprofen, Naprosyn/Aleve/naproxen, Arthrotec/diclofenac, Mobic/meloxicam Celebrex/celecoxib. If you are unsure about a medication, please ask your pharmacist.

Please review your list of prescribed medications with your prescribing physician to determine if any of the medication you are taking could increase the risk of bleeding during surgery. Blood thinners such as Coumadin/warfarin, Plavix/clopidogrel, Eliquis/apixaban, Xarelto/rivaroxaban or others will also need to be stopped *but this should be discussed with your prescribing doctor first*. If your doctor feels it is not safe for you to stop the medication, please notify us.

It is okay to take Tylenol/acetaminophen before surgery.

2. **Diet:** Eat a balanced diet before and after surgery. Do not eat or drink after midnight on the night before surgery. If you do not get 1,000-1,500 mg of calcium in your diet, consider taking a supplement.
3. If your symptoms improve and you want to cancel surgery, please let us know as soon as you decide so the surgery schedule can be rearranged. Our scheduling appointment secretary can be reached at (775) 786-3040.
4. **Illness:** Please call us right away if you develop an illness or a significant change in your symptoms that could affect your upcoming surgery.
5. Do not smoke or take nicotine products for two months before surgery and at least six months after surgery. Tobacco and nicotine drastically decrease bone healing and increase risk of infection.

Please feel free to contact us if any questions or concerns arise. Dr. Bjerke's office can be reached at: (775) 786-3040. After hours, a surgeon or physician assistant on call will be available to help you.