

EXCEPTIONAL SPINAL CARE

CENTER FOR ORTHOPEDIC & SPINE SURGERY

SPINE SURGERY GUIDE



EXCEPTIONAL ORTHOPEDIC CARE



Andrew Casden, MD
Chief of Orthopedic Surgery
and Spine Surgery at
White Plains Hospital

The White Plains Hospital Center for Orthopedic & Spine Surgery provides advanced care to patients throughout the metropolitan region and beyond. Our board-certified, fellowship-trained, spine surgeons use the latest surgical and non-surgical techniques to relieve pain and restore function.

The multidisciplinary team of orthopedic surgeons, physician assistants, nurse practitioners, nurses, and physical therapists work collaboratively to provide a comprehensive and individualized care plan for each patient. Led by Dr. Andrew Casden, Chief of Orthopedic Surgery and Spine Surgery at White Plains Hospital, the team's highest priority is to ensure the best possible outcome and quickest recovery for patients.

This guide is intended to help you get ready for your surgery, answer your questions, ensure your smooth transition through rehabilitation, and prepare you to resume an active lifestyle as soon as possible.

Thank you for choosing White Plains Hospital.

BEFORE YOUR SURGERY

PROGRAMS & SERVICES

White Plains Hospital has several programs in place designed to prepare you for spine surgery and facilitate your recovery thereafter. They are as follows:

Pre-Admission Testing & Pre-Surgical Testing

Your surgeon will explain your surgery and request that you complete any follow-up such as obtaining a History and Physical (H&P) from your primary care physician (PCP) who may order additional consultations. Our goal is to help patients navigate the pre-surgical journey, minimize postoperative complications, and enhance the patient care experience.

You may be asked to go to the Surgical Navigation Center (SNC) in preparation for your surgery at White Plains Hospital. There our care team will:

- Review your medical history & current medications
- Review all notes from your primary care doctor and other specialists
- Coordinate your care with your surgical team
- Provide you with information on what you can do before and after surgery to ensure a successful outcome

In addition, if you do not have a PCP, you may visit the SNC for the required tests and H&P.

Also speak to your provider regarding medications leading up to and the day of surgery, including the use of blood thinners, anti-inflammatory medicines, and aspirin products. These processes have proven to minimize postoperative complications, reduce your time in the Hospital, and ultimately enhance your care experience.

Enhanced Recovery After Surgery (ERAS)

A program implemented at the Hospital based on proven best practices, ERAS provides information to patients to prepare for surgery, what to expect during surgery, and what you can do for optimal outcomes. As detailed throughout this guide, ERAS offers healthy habits and hand washing, expectations for pain management, tips on eating well, and maintaining your physical condition, breathing and skin care.



PREPARING FOR YOUR SURGERY

To ensure a successful outcome for your surgery and help speed your recovery, there are several key steps to follow. Stop smoking, follow an exercise regimen, practice good oral and hand hygiene, eat healthy meals, and try to anticipate any post-surgical home accessibility issues.

Your Diet

In the days and weeks before your surgery, it is important to eat foods rich in protein, vitamins and minerals. Protein will help repair and rebuild tissue. Protein is found in chicken, fish, turkey, lean beef, pork, beans and tofu. Fruits and vegetables are a good source of vitamins, along with dairy products (milk, yogurt and cottage cheese), fortified cereals, seeds and nuts. Include a twice-daily supplement (i.e. Ensure, Glucerna, Boost, or Carnation Instant Breakfast) in your daily meal plan, especially if you are not eating well. And, of course, continue to follow any dietary recommendations from your physician.

The day before surgery, drink plenty of clear fluids to help stay hydrated. Clear fluids include water, sports drinks (i.e. Gatorade, Powerade, etc), and non-citrus juices such as apple and cranberry juice.

Eight hours before surgery, stop eating solid foods. Continue to drink only clear liquids to stay hydrated. If you were provided a carbohydrate drink, please drink three (3) hours prior to surgery start time. This will be your last drink and should be consumed quickly (in 5-10 minutes). The carbohydrate drink can be beneficial to reduce insulin resistance, reduce surgical stress, reduce the length of hospital stay, improve your well being and aid in muscle recovery after surgery.



Breathing Exercises

It is important to exercise your lungs before you arrive at the Hospital. Before you go to sleep, and when you wake up, do the following exercise ten (10) times. If you feel dizzy, it is not necessary to perform them ten times in a row. You can take a break and resume later.

- Sit in a chair or on the edge of your bed with your back straight
- Inhale slowly and as deeply as you can
- Hold the air in for 3-5 seconds
- Slowly let the air out

PREPARING FOR YOUR SURGERY CONTINUED

Showering & Bathing

Forty-eight hours prior to surgery, do not shave any part of your body, besides your face. Shower the evening before and the morning of surgery with the antiseptic soap (chlorhexidine gluconate) provided to you. This soap will help remove unwanted bacteria from your skin. Be sure to avoid contact with the eyes, the inside of the ears, or mucus membranes—the thin skin that covers the inside surface of parts such as the nose and mouth and produces mucus to protect them. If you have a history of any skin condition such as eczema, psoriasis or contact dermatitis, please use your own bathing products, instead of the antiseptic soap provided to you.

Preparing Your Home

Before your surgery, it is a good idea to arrange a clear path from your bedroom to your bathroom. If you have a commode, a raised toilet seat, or a tub bench at home, check that the equipment is functioning. If you have a walker, ensure that it is in good condition. Throw rugs should be removed as they are a tripping hazard.

It is important to stock up on foods that are easy to prepare prior to your surgery, and to arrange to have a family member or a friend deliver groceries and help with errands after your surgery.



Suggestions for bathroom organization after surgery

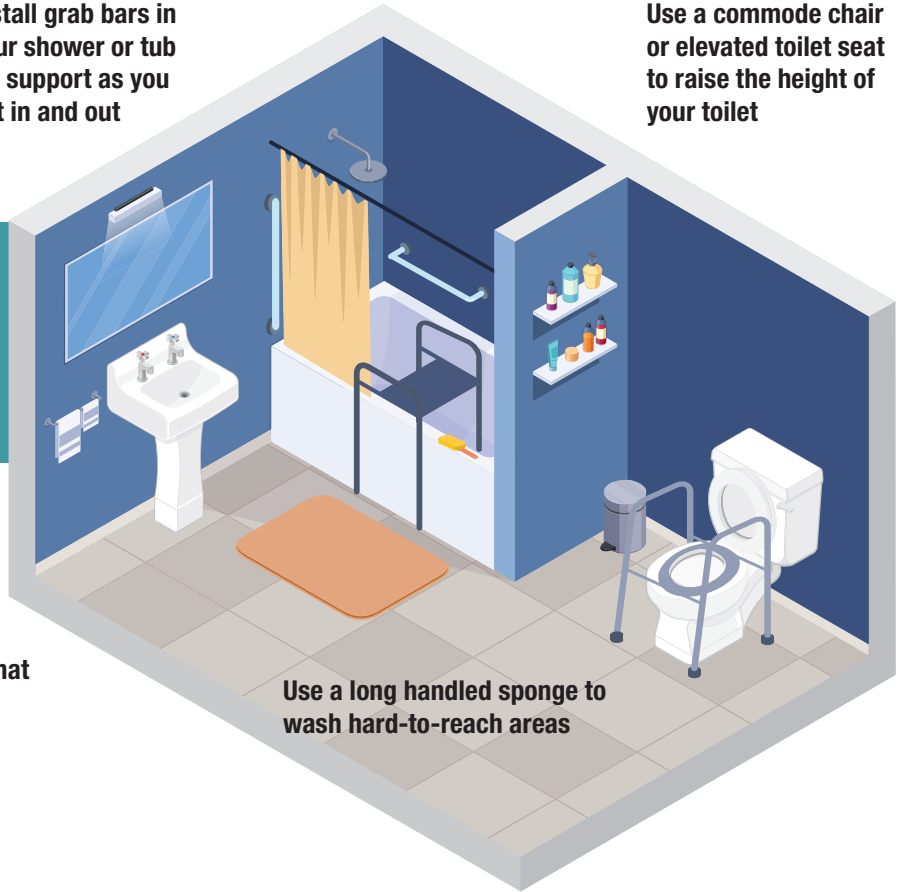
Install grab bars in your shower or tub for support as you get in and out

Use a commode chair or elevated toilet seat to raise the height of your toilet

Sit on a bath bench or shower chair while you bathe

Use a rubber-backed bathroom mat to help keep the floor dry

Use a long handled sponge to wash hard-to-reach areas



Suggestions for living room organization after surgery

Install a railing along one side of the staircase

Move or tuck electrical cords out of the way

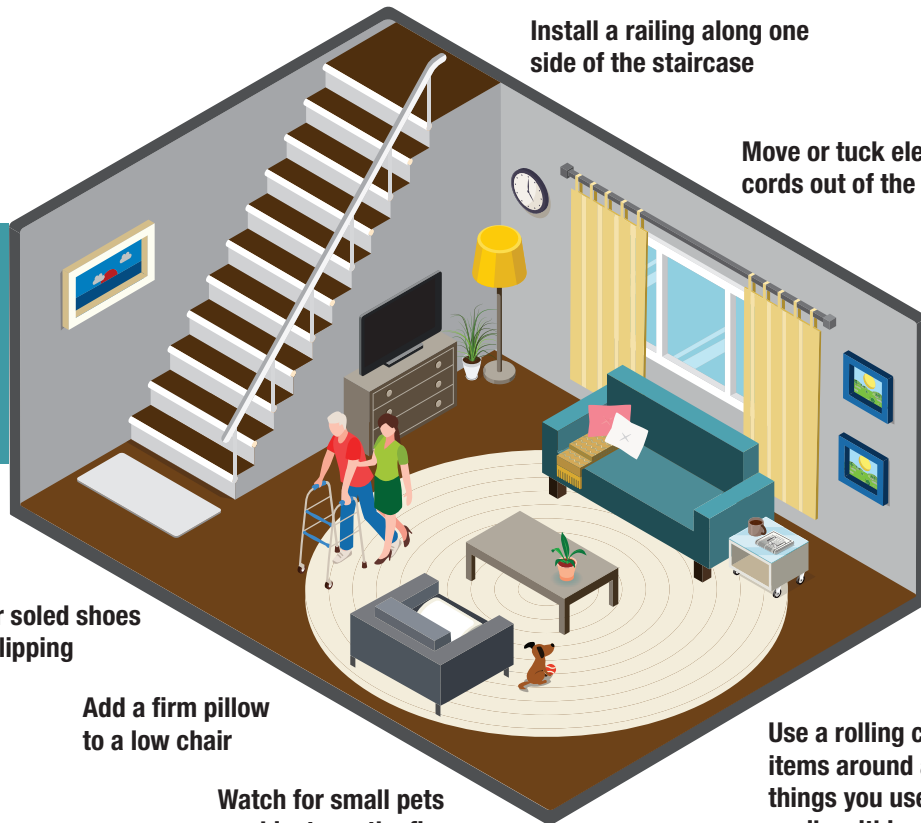
Remove throw rugs

Wear rubber soled shoes to prevent slipping

Add a firm pillow to a low chair

Watch for small pets or objects on the floor

Use a rolling cart to move items around and keep things you use often easily within reach



WHAT TO EXPECT ON THE DAY OF SURGERY

On the day of your procedure, arrive two (2) hours prior to your scheduled surgery time at the Admitting Department. You will be escorted to Ambulatory Surgery, where you will be introduced to your pre-op team. Your surgeon and surgical team will go through a process of site verification. White Plains Hospital staff will perform a finger stick to measure your sugar level if you are 45 years or older, or have a BMI of 30 or greater.

WHAT TO BRING TO THE HOSPITAL

Bring with you your complete medical history which should include your current medication list. Also bring the following personal items:

- Undershorts/underpants and, if desired, loose fitting clothes, robe, or pajamas
- Eyeglasses, hearing aids, dentures (if used)
- Loose fitting clothes and shoes for discharge
- Brace or orthotics
- Personal toiletries
- Remember to leave all valuables home

ANESTHESIA

On the day of your surgery, you will review the management of your anesthesia.

Should you need further information or have questions, you may contact Westchester Anesthesiology at 914-428-5454.



YOUR SURGERY

Surgical time may vary depending on the complexity of the surgery.

Following surgery, your surgeon will speak with your caregiver/loved ones.

After surgery, you will be brought to the PACU/Recovery room. The surgeon may place a surgical drain near your incision site to collect excess drainage.



YOUR STAY AT THE HOSPITAL

Following your time in the PACU/Recovery room, you will be taken to our Orthopedic Unit – 4I. The rooms are furnished with a number of devices to make your stay more comfortable, including a raised commode and an orthopedic chair. Phone and television service are available for your use.

Visitors are an important part of our patients' healing and recovery. For the latest in visiting information and hours, visit wphospital.org/visiting.

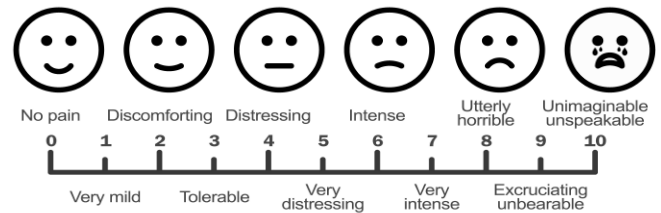
THE COMPREHENSIVE CARE TEAM

Along with your surgeon, a team of Magnet® recognized nurses and specialized orthopedic physician assistants work closely to provide comprehensive care to address your post-surgical needs, including pain management, dressing changes, and other medical-related issues.



PAIN CONTROL

Pain management is an integral part of your recovery. We will use a multimodal method of pain control – meaning potentially utilizing more than one method. The nursing staff will refer to the Pain Assessment Tool to measure your level of pain or discomfort. Together you will discuss various options for pain management, including Holistic Services.



YOUR STAY AT THE HOSPITAL CONTINUED

HOLISTIC SERVICES

During recovery, patients can once again take advantage of the Holistic Services Program at the Hospital. The program works to improve patients' quality of life and manage any symptoms or discomfort. Providing evidence-based complementary and integrative modalities, individuals can actively participate in their health and healing.

Services provided include:

- Reiki (Healing Energy)
- Therapeutic Touch (Healing Energy)
- Healing Touch (Healing Energy)
- Guided Imagery
- Meditation
- Relaxation (Breathing exercises)
- Gentle Massage/Touch
- Aromatherapy

These therapies promote relaxation and can positively impact recovery and healing by managing pain, anxiety, and insomnia.

For more information on the Holistic Services Program, please call 914-681-2049.

MEDICATIONS

Your normal daily medications will be reviewed upon your admission and ordered for you while you are in the Hospital. Following surgery, antibiotics will be administered for the first 24 hours to prevent infection. The nursing staff will provide information and assistance with nausea management and your bowel regimen.

FALL PREVENTION

Patient safety is our priority. To prevent falls we have bed alarms, chair alarms, and we will assess you for fall risk every 12 hours. If you need assistance, please "call before you fall." We ask that you don't get out of bed without assistance during your hospital stay.

INFECTION PREVENTION

Infection control is vital to optimal outcomes for our patients. Please do not touch your incision and use the provided hand sanitizer frequently. All employees must "wash-in" and "wash-out" during each patient encounter. Your sheets will be changed each day—more frequently if necessary. All patients should follow proper nutrition guidelines; glucose control will be provided for diabetic and high-risk (BMI ≥ 30 or Age ≥ 45) patients to minimize the risk of infections.



YOUR POST-SURGICAL CARE



NUTRITION

Your surgeon will adjust your diet as soon as possible to assist with wound healing. Your doctor may order a supplement for you to drink while in the Hospital, such as Ensure or Glucerna. These supplements provide nutrients that help with wound healing. It is recommended to consume a supplement as part of your meal plan twice a day for a minimum of seven days after surgery to help meet your nutritional needs for recovery. Try drinking supplements between meals as a snack, instead of water when taking medications or as a replacement for milk with cereal or coffee. You can ask to see a dietitian before you leave the Hospital if you have questions about your nutritional status or meal plan.

PHYSICAL THERAPY

Physical Therapy plays a critical role in every stage of recovery. The goal of physical therapy is to prevent tightness and stiffness, to improve patient awareness, and to improve functional mobility.

You will walk soon after your procedure with increasing ambulation during your stay. Early mobilization and ambulation (walking) is extremely important for a great outcome.

In addition to the individual Physical and/or Occupational Therapy sessions, group therapy classes are also offered Monday through Friday. If you have any further questions about rehabilitation services, you can call the Physical Medicine and Rehabilitation Department at 914-681-2440.

Outpatient Physical Therapy is available at our Physical and Occupational Therapy Center, managed in partnership with the renowned Burke Rehabilitation Hospital, located at
222 Westchester Avenue
White Plains, NY 10604
914-681-1116

GETTING READY FOR HOME



HOSPITAL DISCHARGE

Depending on the type of procedure, some patients may be discharged the same day of surgery. Others may stay in the Hospital for several days as your rehabilitation progresses.

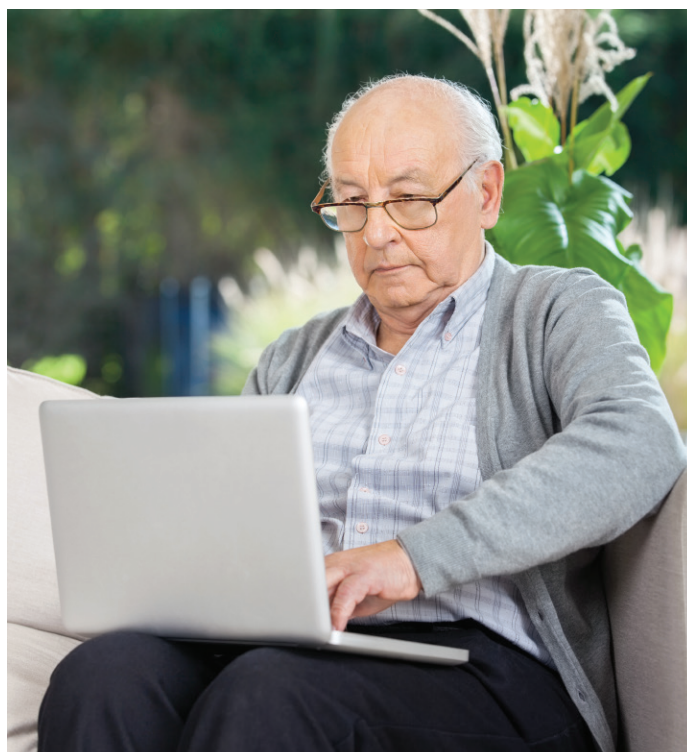
A Care Manager, who is a registered nurse, will meet with you to establish the most appropriate discharge plan. A personalized discharge care plan will be established by the multidisciplinary team. Your discharge plan will be based on your needs and covered insurance.

The discharge plan is formulated based on the following factors: your post-operative medical status, your mobility, your home environment and support systems, and your insurance and financial considerations.

RECOVERING AT HOME

When you return home, be sure to schedule follow-up appointments with both your surgeon and primary care physician. Avoid driving until cleared by your surgeon.

As established with your team, continue with the pain management protocols. This may include holistic services such as meditation or gentle massage, as well as over-the-counter medications, with the goal of minimizing and eventually eliminating use of any stronger prescription pain medication as soon as medically appropriate. Prescription medications can be habit-forming; they should be used with caution and only when pain is severe. If you experience a fever, redness or swelling at the surgical site, drainage from the incision, calf pain, or constipation following discharge, please call your surgeon or your physician.



BILLING, FINANCE, INSURANCE AND MISCELLANEOUS

BILLING QUESTIONS

For questions related to bills that you receive from your health care providers, please refer to the phone number listed directly on the bill. For Hospital billing questions related to your surgery or Hospital inpatient stay, please call our Patient Accounts Department at 914-681-1004.

FINANCIAL ASSISTANCE

White Plains Hospital is a voluntary not-for-profit organization with the mission of caring for patients 24 hours a day, seven days a week, and 365 days a year, regardless of their ability to pay. If you do not have health insurance or worry that you may not be able to pay in full for your care, we can help. White Plains Hospital provides financial assistance to patients based on their income, family size and needs. In addition, we may be able to help you obtain free or low-cost health insurance, or work with you to arrange a manageable payment plan. For questions related to financial assistance, call our Patient Accounts Department at 914-681-1004.

INSURANCE

White Plains Hospital accepts most types of insurance, including Medicaid and Medicare. For questions about insurance, please contact our Patient Accounts Department at 914-681-1004.



FOREIGN LANGUAGE INTERPRETATION

Interpretation services for more than 140 foreign languages are available upon request, free of charge. Sign Language interpretation is also available. Your nurse can access these services for you or a family member.

VOLUNTEERS

Volunteers are integral members of the interdisciplinary team providing hospitality and support to patients and family members. They offer companionship, information, resources, and advocacy that will enhance a sense of well-being and the community of care. If you're interested in volunteering, please contact the White Plains Hospital Volunteer Office at 914-681-1225.





PATIENT FEEDBACK

Our goal is to provide exceptional care every day! We continually work to enhance our program and would appreciate your input. Please speak to us regarding your concerns or suggestions before you leave.

CONSUMER ADVOCATE/ PATIENT REPRESENTATIVE

The Consumer Advocate/Patient Representative is a direct link to Hospital administration and serves as a liaison between the patient, the family, and the Hospital. The Consumer Advocate's goal is to improve the hospital experience by explaining policy, answering questions, and seeking resolutions to issues. For more information, call 914-681-2150.

HOW TO RECOGNIZE STAFF

Every day, we hear from patients about their exceptional doctors, nurses, and technicians. Many tell us about environmental services staff, food servers, parking attendants and other employees who made a difference in their hospital experience by providing comfort, warmth, support and kindness to them and their loved ones. You can share your story or make a donation in someone's honor by visiting givetowphospital.org or calling 914-681-1040. You can also send a letter to Susan Fox, President and CEO of White Plains Hospital, at 41 East Post Road, White Plains, NY 10601, or submit your story online at wphospital.org/patientstory.

