

# Spine Care Specialists

Orthopaedic Specialists Of Northwest Indiana

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## SURGERY FOLDER

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PAGE 1

Welcome Page

Welcome to our practice.

As we go forward if you have any questions please feel free to ask. In this packet you will find all the information necessary for your planned surgery and your post-surgery recovery.

We have tried to include all the information we think you will need.

**Dwight S Tyndall, MD FAAOS**

Board Certified

Fellowship Trained Spine Surgeon

**Nitin Khanna, MD FAAOS**

Board Certified

Fellowship Trained Spine Surgeon

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### Dr. Nitin Khanna / Biographical Information

Dr. Nitin Khanna received his undergraduate degree with honors in Bioengineering from the University of Pennsylvania. He went on to medical school in New York City at Mount Sinai, and completed his Orthopaedic Surgical training at Barnes Hospital, Washington University in St. Louis.

He completed his Spine Fellowship at Rush Presbyterian Hospital in Chicago.

He has had multiple papers published in various journals and textbooks including the Journal of Orthopaedic Trauma, Spine, Spine Journal, and the Journal of the American College of Surgeons.

His research has been presented at multiple national and international meetings including the North American Spine Society, American Academy of Orthopaedic Surgeons, Cervical Spine Research Society, Mid America Orthopaedic Society and the Pediatric Orthopaedic Society of North America.

His areas of expertise include Minimally Invasive Spine Surgery using the operating microscope, Cervical Spine Surgery, Lumbar Spine Surgery, Scoliosis, Advanced Spine Fusion Techniques and Motion Preservation Spine Surgery.

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### Dr Dwight Tyndall / Biographical Information

Dr Dwight Tyndall completed medical school training at New York University in New York City after graduating with honors from Sophie Davis School at the City College of New York.

He completed his Orthopaedic Surgery Residency Training at the Stanford University Medical Center in California. He completed his Spine Surgery fellowship training at the premier institution for Orthopaedic Surgery in New York City, the Hospital for Special Surgery.

He has presented papers at the Eastern Orthopaedic Association and at Midwestern University.

He has been involved in multiple research projects including publications in the Journal of Orthopaedic Research.

His areas of expertise include Minimally Invasive Spine Surgery, Cervical Spine Surgery, Lumbar Spine Surgery, Scoliosis, Advanced Spine Fusion Techniques and Motion Preservation Spine Surgery.

INSTRUCTIONS TO BE READ BEFORE SURGERY

1. Please take the time to carefully review this packet as it contains all the important information you need to know regarding your surgery and your postoperative care.
2. The Hospital Preadmission Department will contact you regarding the date and time of your surgery. They will schedule a time for you to come to the hospital to have any necessary laboratory work done and to register for your surgery. They will also tell you when to arrive at the hospital for your surgery and what items, if any, you may need to bring with you.
3. Do not take anything by mouth for at least 12 hours before your surgery except any prescribed medications. You should not take any anti-inflammatories or blood thinners for at least 7 days before your surgery. Forgetting this could result in having your surgery canceled and rescheduled.
4. If you require medical clearance prior to surgery, this should be scheduled with your family doctor. If you do not have a family doctor, please let us know so that we may refer you to one.
5. You will be fitted with a brace to be used after surgery. Please bring the brace with you to the hospital on the day of surgery.

## PAGE 5      FREQUENTLY ASKED QUESTIONS (FAQ) (1 - 17)

We have noted below a list of questions which address the concerns of most patients regarding surgery. Although we have attempted to make the list inclusive, we hope you will raise any additional questions you may have with us.

### 1.      **When can I go home after my surgery**

Most patients can go home the day of surgery or the day after surgery if they are having a lumbar microdiscectomy or laminectomy. For those patients having a more involved procedure, such as a fusion or cervical spine surgery, the hospital stay might be longer.

### 2.      **What medications will I be given for pain control after surgery in the hospital**

Any medications you are already taking will be resumed after surgery. The exceptions are blood thinners such as Plavix, aspirin, Coumadin which will be restarted at a later date.

For pain control we will make every effort to control any discomfort you might have. We usually use Morphine or Demerol combined with pills and muscle relaxants to achieve this during your hospital stay. Additionally, ice might be placed on your incision site to decrease any swelling/inflammation and hence decrease your discomfort. The gel pad in your brace can be frozen and placed on your incisional site.

### 3.      **What medications will I be given after surgery and following discharge from the hospital**

Patients are usually given a pain medication and a muscle relaxant. The initial prescription should last at least two weeks until the first office visit. If more medication is needed, a refill will be given at that visit. If you run out of your medications before the first office visit, please call the office during regular business hours (Monday-Friday 9:00 am to 5:00 pm) so a refill can be given.

**Medication refills will not be given on the weekends or after the office is closed on weekdays.**

### 4.      **When can I drive**

No driving for at least two weeks. This time may be longer depending on the nature of your surgery. Although you cannot drive, you may be a passenger during this time.

### 5.      **When can I shower**

You may shower once you are home. However, hot tubs and baths are prohibited.

## 6. **When can I resume sexual activities**

Sexual activities are prohibited during the first two weeks after surgery but can gradually be resumed after that.

## 7. **How should I sleep**

You may sleep in any position that you find comfortable. For patients who have had cervical spine surgery, you may find it most comfortable to sleep with your brace on but this is not mandatory. For patients who have had lumbar surgery, you may sleep on your back or side; wearing your brace while sleeping is not mandatory.

## 8. **When should I change my dressings**

There is no need to change your dressings until your first doctor's visit at two weeks after your surgery. However, if you notice excessive drainage from your incisional site, please notify the office.

## 9. **What signs of an infection should I watch for**

The usual signs of infection are:

- Increased drainage from the surgical site
- Increased pain at the surgical site
- Fever

Although these are common signs, having any of these symptoms does not necessarily indicate the presence of an infection. If you have any concerns, please call the office.

## 10. **When can I resume sports or other strenuous activities**

You can gradually resume strenuous activities at two weeks after surgery. However, please get medical clearance before doing so. Patients are encouraged to walk in moderation once they are home from the hospital. Patients should avoid any heavy lifting and frequent bending, or any activities which cause increased pain. Patients should also avoid long drives as this can cause increased soreness and pain. If you need to drive a long distance, please take frequent breaks.

## 11. **What should I do if I feel that some of my original symptoms return after surgery**

It is very common for patients to experience some "rebound" in their symptoms or even some persistence of their symptoms after surgery. However, these symptoms should gradually diminish. If concerned, please call the office so the appropriate action can be taken.

**12. If I had my surgery as a result of a work related injury when can I return to work**

Since each patient is different, it is difficult to predict exactly when each patient will return to work. However, most patients who don't have a fusion surgery can return to work between two and six weeks. Patients who had a fusion surgery will often require a longer recovery before returning to work. With each office visit after your surgery, you will be provided with a work status slip to give to your employer.

**13. Does micro surgery mean the use of a laser**

Micro spine surgery does not mean the use of a laser. It means the use of a microscope which enables your surgeon to perform the operation using a minimally invasive technique. A smaller incision means there will be less damage to the tissues in the body and a faster recovery time.

**14. Is it okay to put ice on my incision**

Yes, it is strongly recommended to use ice on the incision site as this will help to decrease the swelling/inflammation and hence, the pain. However, care should be taken to ensure that the incision does not get soaked with water.

**15. Should I wear my brace at all times**

The brace should be worn whenever you are up for any prolonged period of time; usually this means if you are up for more than 10 minutes. The doctor will advise you when to stop using your brace.

**16. Are there any particular foods I should eat to aid my recovery**

A balanced diet is very important in your recovery. However, multi-vitamins, increased protein intake, extra doses of Vitamins C, D and extra Calcium are recommended. If you had a cervical surgery, we recommend a soft diet such as starting with mashed potatoes and then progressing to normal food as your swallowing improves.

**17. If I have a fusion when will I know that the fusion is fused/solid**

Most fusions are healed at six to twelve weeks. However, the bone will continue to mature for the year following surgery.

DO'S AND DONT'S (1 - 10)

1. DO:

Please follow all instructions from your doctor. If you have any questions or concerns, please ask your doctor or his nurse.

2. DO:

Do take your medications as prescribed.

3. DO:

Wear your brace as instructed until your doctor tells you to stop.

4. DO:

Do make every effort to keep your incision clean and dry.

5. DO:

If any of your pre-surgery symptoms return and persist, please inform your doctor or his nurse.

6. DO:

If you are about to run out of your pain medications, please call the office during regular business hours for a refill.

**Refills will not be given at night or on the weekends.**

7. DO:

Do follow all your physical therapy instructions as your physical reconditioning after surgery is very important to the ultimate success of your surgery.

8. DO

If you are taking a blood thinner such as Coumadin, please consult with your doctor before resuming.

9. DON'T:

If you had a fusion surgery, you should not take any anti-inflammatory medication as it may slow down the healing of your fusion.

10. DON'T:

Don't engage in strenuous activities or drive a car until instructed by your doctor.

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## REHABILITATION INFORMATION

### CERVICAL AND LUMBAR SPINE

Please follow all your physical therapy instructions as your physical reconditioning after surgery is very important to the ultimate success of your surgery.

The goals of therapy are to recondition and to strengthen your neck/back as well as to provide general aerobic reconditioning.

You may experience some discomfort during therapy but this discomfort should be transient. If it persists, please speak with your therapist and/or call the office.

Physical Therapy will begin at least two weeks after your surgery. Until then you should wear your collar/brace especially when out of bed. You can also wear your collar/brace for comfort while in bed. The use of the brace will continue until your doctor believes that it is time to discontinue its use. Your physical therapy, which will last for at least four weeks, will be done here at our office or at a therapy facility close to your home. Your physical therapy may continue for longer than four weeks, based on your progress.



