

Back Institute
920 South Robertson Blvd.
Los Angeles, CA 90035
Tel. (310) 551-0690 Fax (310) 659-8869

Pre-operative Instructions for the Back Institute

Name _____

Our goal is to provide you with the best possible service and to make this transition to the operating room as efficient and comfortable as possible. As such, it is important that we gather complete and accurate information at the time of surgery scheduling and that you follow directions carefully. Your cooperation is necessary and appreciated.

The night before discogram or surgery:

Adults: You may eat a light supper, avoiding fatty greasy foods. **It is very important that you do not eat or drink anything, not even water, 8 hours prior to your scheduled discogram or surgery** as this could interfere with your anesthesia, increase the risk of pneumonia and cause postponement of your procedure. We do recommend that you do not eat or drink after midnight of that day.

The day of surgery:

You must arrange for your own transportation home from the surgery center after your discogram and after your surgery.

On the morning of your discogram or surgery, you must be at the surgical facility no later than your scheduled time. It is important that you show up on time or you may risk cancellation of your surgery.

There are occasions where your surgery may be delayed due to unforeseen emergencies or scheduling and we always suggest that you "bring a good book" to cover for this contingency. We do our best to anticipate the duration of our surgeries and schedule accordingly. However, we cannot predict everything and our top priority is always the health and safety of the patient on the operating table.

All patients will spend some time in the post-op recovery room following surgery. The exact amount of time can vary depending on the length of anesthesia and sensitivity of the patient to medication, but usually is not greater than 2 hours. Once you are stable enough to leave recovery room, you will typically be discharged home directly from the recovery room. **Under no circumstances are patients allowed to drive themselves home after the procedure.**

We hope we have answered all your questions. If not, please contact the office for further clarification. We also welcome any suggestions you may have about our office policies. By listening to your thoughts, ideas and suggestions, we can continually make necessary changes to provide our patients with the best possible care.