



UNIVERSITY OF ILLINOIS HOSPITAL & CLINICS

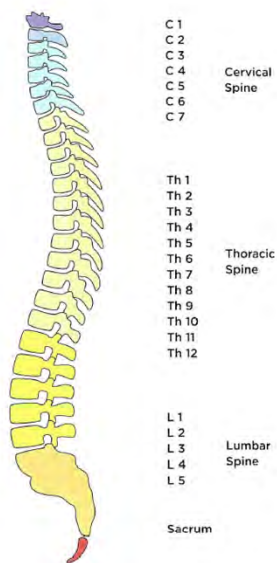
ELECTIVE SPINE SURGERY



1

WHERE ON MY BODY IS MY SPINE SURGERY?

- Cervical
- Thoracic
- Lumbar



2

TASKS BEFORE SURGERY (2-4 WEEKS BEFORE)

3

SUPPORT PERSON



Identify

Who will help you
during your first
weeks of getting
better?

- Your support must bring you to the hospital and take you back home after you're discharged
- They need to be ready to take you home right away after you leave the hospital.
- You can't stay at the hospital and wait for them to come later or another day.
- They need to be with you when you arrive, after your surgery for lessons from the nurses and therapists.
- Remember, you can't leave by yourself.



4

APPOINTMENTS

1

Schedule out your post operative outpatient physical therapy appointments prior to surgery

2

Pre-arrange your transportation to these appointments



5

MEALS



MAKE SURE TO HAVE
BREAKFAST, LUNCH AND
DINNER EVERY DAY.



DRINK 8 CUPS OF WATER
EVERY DAY TO
STAY HEALTHY.



PLAN OUT WHAT YOU'LL EAT
FOR BREAKFAST, LUNCH
AND DINNER EACH DAY.



6

MEALS WITH SNACKS

Breakfast:

- Cereal with milk
- Toast or bagel
- Eggs
- Cottage cheese or yogurt with fruit
- Coffee or tea

Lunch:

- Chicken sandwich
- Peanut butter and jelly sandwich
- Macaroni and cheese
- Pasta with vegetables

Dinner:

- Meat chili
- Salmon
- Hamburger
- Vegetable burrito
- Side of soup, salad, or rice

Nuts

Trail Mix

Cheese and Crackers

Hummus with fresh vegetables

Fruit smoothies

Muffins

Apple slices with peanut butter



7

STOP SMOKING

- **Smoking Risks:** Smoking can make your surgery and healing harder. It can cause more infections and slow down how your wounds heal.
- **Get Help to Quit:** If you smoke and want help to quit, you can call the UI Health Tobacco Treatment Center at 1-312-413-4244.
- **More Support:** You can also get support from the Illinois Tobacco QUITLINE at 1-866-784-8937.



8

GENERAL HOME SAFETY

- **Pick up things that could make you trip:** Put away rugs, cords, and things on the floor.
- **Use lights:** Use night lights so you can see at night, especially on the way to the bathroom.
- **Arrange furniture carefully:** Make sure you have lots of space to walk around. Use strong chairs with arms when you sit down or stand up.
- **Wear good shoes:** Wear shoes that won't slip and support your feet to keep from falling.



9

GENERAL HOME SAFETY

- **Keep your home clean and organized:** Clean up your house and pay bills on time. Make meals ahead and freeze them so you don't have to cook when you're not feeling well.
- **Keep your phone close:** Always have your phone nearby so you can call for help if you need to.
- **Keep things you use a lot nearby:** Keep things you use a lot in easy-to-reach places, like in the living room and kitchen.
- **Have important information ready:** Keep a list of important phone numbers and your medicines where you can find them quickly if you need them.



10

BATHROOM/BEDROOM SAFETY

- **Bathroom Safety**
 - **Use non-slip mats:** Put mats inside and outside the shower or tub to keep from slipping.
 - **Install grab bars:** Have bars installed in the shower and by the toilet to hold onto for balance.
 - **Use a raised toilet seat:** This can make it easier to sit down and stand up from the toilet.
 - **Use a shower chair:** Sit on a chair in the shower to make sure you don't slip on the wet floor
- **Bedroom Safety**
 - **Bed Height:** Make sure your bed is at a height that is easy for you to get in and out of comfortable



11

MEDICATIONS

Stop

- Medications-If your doctor says so, stop taking certain medicines 10 days before your surgery. These medicines can make you bleed more

Create

- Write down all the medicines you take and how much you take of each one. Bring this list with you to the hospital on the day of your surgery



12

MEDICATIONS

- **Medication Delivery:** When you leave the hospital, the pharmacy will bring the medicines prescribed by your doctor right to your bedside. This is called "Meds to Beds".
- **Meds to Beds:** This service helps you get the medications you need without needing to go to the pharmacy yourself.



13

MEDICATIONS

- **Medication Supply:** When you go home, you'll get enough medicine for **1-2 weeks** that your doctor wants you to take.
- **Types of Medicines:** You will get medicine for pain and other medicine related to your surgery.



14

MEDICATIONS

- **Your Regular Medicines:** The medicines you take every day for ongoing health reasons can be filled at your nearby pharmacy.
- **Getting Your Regular Medicines:** Make sure you arrange for your medicines to be delivered to your home or for someone to pick them up for you at the pharmacy.



15

PRE-OP PAIN MEDICATION

- If you're taking opioids before your surgery, it may be harder to control your pain afterwards. This could affect how long you stay in the hospital and how well your recover.
- Please tell your doctor if you're using opioids before surgery. Also, talk to your doctor who prescribes your medication.
- Let them know about your surgery and discuss if you should reduce your pain medicine before the surgery to help you recover better.



16

ELECTRONIC PRESCRIPTIONS

- **Electronic Prescriptions:** Starting January 2024, your doctor will send your pain medication prescription directly to your chosen pharmacy electronically. No paper prescription will be given.
- **Medication Availability:** Sometimes, the pharmacy may not have your medicine due to a shortage across the country.
- **Meds to Beds Service:** To make sure you have your pain medicine when you leave the hospital, use the Meds to Beds service at UI Health. Your medication will be delivered to your bedside on the day you go home, usually within 2-3 hours.



17

APEC CLINIC

- You will receive a call from our anesthesiology clinic to schedule a time to talk about your medical history.
- This helps the medical team get more information to prepare you for surgery.



18

FMLA

- The APRN can sign the FMLA paperwork, but your organization will decide if it's approved.
- Please bring this paperwork to your clinic appointment.
- For more paperwork for additional time off, ask your regular doctor



19

TASKS BEFORE SURGERY (1-3 DAYS BEFORE)

20

DRIVING

- You can't drive yourself home after surgery.
- Please don't drive yourself to the hospital.
- You can't leave your car at the hospital overnight.



21

DRIVING

- We don't say it's okay for you to drive after surgery.
- Since you'll be taking narcotic medicine after surgery, you can't drive yourself home.
- You must stop taking certain medicines that can make it hard to drive, like narcotic medicine.
- The doctor will tell you when you can start driving.



22

TRANSPORTATION TIPS

- **Confirm:** Ensure you have arranged reliable transportation to and from UIH Surgicenter, considering potential traffic, street closures, and weather conditions.
 - Confirm your mode of transportation
- **Plan:** Leave early to account for any unexpected delays.
- **Address for Drop Off**
 - UIH Surgicenter
 - 1740 W Taylor Street, Suite 3300, 3rd Floor, Chicago, IL 60612



23

PARKING TIPS

- **Parking Locations**
 - *Paulina Street Parking Structure*
 - Address: 915 S Paulina St
 - *Wood Street Parking Structure:*
 - Address: 1100 S Wood St
- **Parking Validation**
 - Parking at UIH Surgicenter will be validated by the medical staff. Make sure to keep your parking ticket with you for validation.



24

ESSENTIAL ITEMS FOR YOUR STAY

- **Loose Clothing for After Surgery:** Pack loose and comfortable clothing that will be easy to put on and take off after your procedure. Choose items like loose pants and a comfortable shirt.
- **Essential Documents:**
 - **House Keys:** Bring your house keys for when you return home.
 - **Photo ID:** Carry a valid photo ID (e.g., driver's license, passport) for identification purposes.
 - **Insurance Card:** Bring your health insurance card and drug prescription card
- **Charger for Electronic Devices:** Pack a charger for all your electronic devices, such as your cell phone or tablet. Ensure your devices are fully charged before leaving home.



25

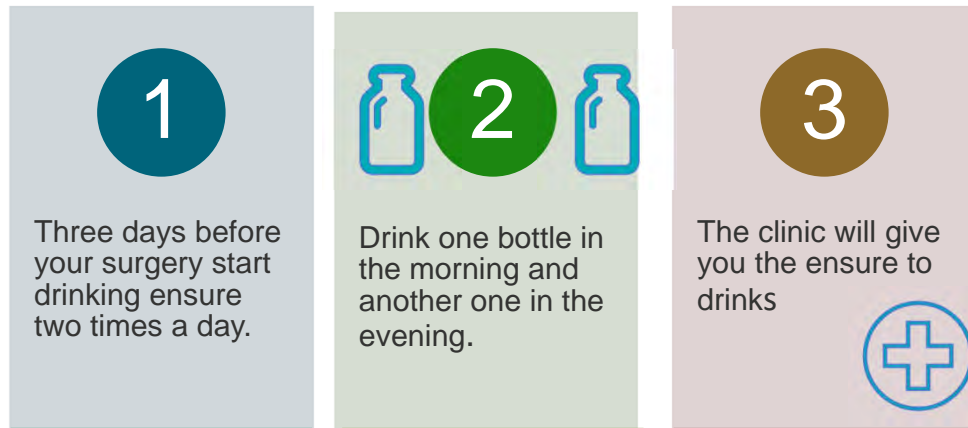
ESSENTIAL ITEMS FOR YOUR STAY

- **Appropriate Footwear:** Wear gym shoes or sneakers with good support. Avoid flats, slippers, or sandals, as they may not provide adequate support after your procedure.
- **Leave Valuables at Home:** Leave valuables such as jewelry, large sums of money, or large quantities of medications at home for security reasons.
- **Personal Care Essentials:** Contacts, glasses, hearing aids/batteries



26

ENSURE SHAKES



*Drinking Ensure will help your body get ready for the surgery.
If you have any questions, ask someone at the clinic or your doctor.*



27

SHAVING BEFORE SURGERY

- Stop shaving any part of your body two days before surgery.
- Shaving can make small cuts that let germs get into your skin.
- These tiny cuts can make it more likely to get an infection where you have surgery.



28

TASKS BEFORE SURGERY (DAY BEFORE)

29

CLINIC PHONE CALL

Be near
your
phone

- Staff will call you between 9 AM and 2 PM the day before surgery.
- If you don't get a call by 2:00 PM, please call 312-413-SURG (7874) by 4 PM.

Write
down

- When to arrive at the hospital.
- Time to stop eating.
- Time to stop drinking non-clear liquids.



30

GATORADE

- Before your surgery, it's good to drink 24 ounces of Gatorade.
- Make sure it's not red Gatorade



We have provided you one packet in your folder! Mix with water.



31

CLEAR LIQUIDS



When to drink

- You can have clear liquids up until 2 hours before you come to the hospital.

Drink Options

- Sports drinks (without red color)
- Fruit juices like apple or grape
- Ginger ale, Sprite, 7-Up
- Tea or coffee without creamer
- Water

Don't Drink

- Milk
- Orange Juice
- Beer or Liquor
- Creamer
- Coke, Pepsi, Fanta



32

SHOWER

- The night before your surgery, take a shower using soap and water.
- Keep your skin cool and dry.
- Use special CHG wipes as directed(see next few slides)
- After using the CHG wipes, put on clean clothes and use new bedsheets.
- Don't use cream, lotion, ointment, powder, makeup, perfume, cologne, deodorant, or nail polish the night before or in the morning before surgery.



33

CHG WIPES

- Before surgery, it's important to make sure there aren't too many germs on your skin.
- One way to do this is by using a special wipes called 2% Chlorhexidine Gluconate (CHG).
- These wipes helps kill germs on your skin and you can use without needing water.
- It's like a quick way to clean your skin and make sure you stay healthy during surgery



34

CHG WIPES

- **Cloth 1:** Use the first cloth to wipe your neck, shoulders, and chest starting from under your chin.
- **Cloth 2:** Use the second cloth for both arms, starting at the shoulders and wiping all the way to your fingertips. Make sure to clean well under your armpits.
- **Cloth 3:** With the third cloth, wipe your belly, the place where your legs meet your body (groin), and between your legs (perineum). Clean carefully, especially in any folds of skin.
- **Cloth 4:** Use the fourth cloth for your right leg and foot. Clean between your toes and behind your knees.
- **Cloth 5:** Then, use the fifth cloth for your left leg and foot, cleaning between your toes and behind your knees.
- **Cloth 6:** Finally, use the sixth cloth for the back of your neck, your back, and your buttocks. You might need someone to help you reach your back.



35

CHG WIPES

- Make sure CHG doesn't touch your eyes, ears, or mouth. If it gets in your eyes, rinse with cold water right away.
- If your skin feels funny, like it's irritated or you're having an allergic reaction, **STOP** using CHG.
- Wash the area with cold water and tell your doctor.



36

CHG WIPES

- After wiping, let your skin air-dry for one minute. Don't wash it off.
- It's okay if your skin feels sticky for a few minutes after using CHG. That means it's working to keep germs away!
- Don't use lotions, powders, or creams afterward because they can make the CHG less effective.



37

WHAT TO EXPECT DAY OF THE SURGERY

38

PATIENT UPDATES

- Let your family or someone who helps you know what's happening by signing them up for text messages from UI Health.
- A family member or caregiver, and others you pick, can get messages about how you're doing from when you arrive until you leave.
- To sign them up, ask the people at the front desk.
- This will help your family, or friends know how you're doing while you're at the hospital.



39

BEFORE YOUR SURGERY STARTS



Change into the hospital gown they give you.



They will take more blood tests.



They will put in a small tube (IV LINE) in your arm for water.



You will meet your medical team. Please have your questions ready



40

BEFORE YOUR SURGERY STARTS



A doctor in training will come to meet you.



They will mark the where you will have surgery and ask you to sign a paper giving permission for the surgery.



Another doctor will start the medicine to make you not feel pain during the surgery(block)



41

FREQUENTLY ASKED QUESTIONS

- **What type of anesthesia am I getting?**
 - The anesthesia team will call you the day before or talk to you on the morning of your surgery to explain.
- **How long is my surgery?**
 - It depends on the type of surgery you're having.
- **How long will I be in the hospital?**
 - You'll be at the hospital all day.



42

FREQUENTLY ASKED QUESTIONS

- **Will my support person be there all day?**
 - Your support person should plan to stay with you all day.
- **Will I have staples, sutures, or glue on my incision?**
 - It depends on what your surgeon decides and the type of surgery you have. They'll tell you how to take care of your incision afterward.
- **How long is my incision?**
 - It depends on the kind of surgery you're having.



43

AFTER SURGERY

44

FREQUENTLY ASKED QUESTIONS

- How long will I stay in the hospital after my surgery?
 - It depends on your surgery and how quickly you recover afterward. Our goal is for you to stay less than 24 hours.
 - Some of our patients go home the same day after surgery.
- When can my friends and family visit?
 - They can visit between 10 AM and 7 PM.
- Can a family member stay overnight with me?
 - No, because of hospital rules, guests can't stay overnight.



45

FREQUENTLY ASKED QUESTIONS

- Where can my family stay if we live far, and I won't go home the same day as my surgery?
 - You can book a hotel room at these places:
 - Chicago Marriott at Medical District/UIC 625 South Ashland Avenue at W Harrison St, Chicago, IL 60607 Phone: (312) 491-1234
 - Hyatt Place Chicago – Medical / University District 1835 W Harrison St, Chicago, IL 60612 Phone: (312) 341-1234
- You must call yourself to book a room. There are no discounts for UI Health patients.



46

POST SURGERY NEXT STEPS

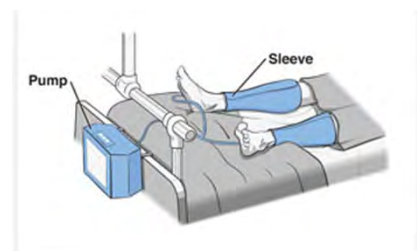
- A nurse will talk to you about the medicines you need to take.
- You'll have tubes and lines on you when you wake up (look at the next few pictures).
- You'll start by drinking clear liquids, and as you feel better, you'll eat more.
- *The nursing team will walk you within 4 hours after your surgery.*
- *Your doctor may order physical therapy and occupational therapy to see you in the hospital.*



47

LINES AND TUBES

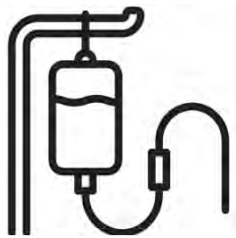
- You will wear a special machine on your legs after surgery.
- It helps your blood move around your body.
- **This machine prevents blood clots after surgery.**
- They will take it off when you leave the hospital.
- This machine is important for your health after surgery. If you have any questions, ask the nurse or doctor.



48

IV LINES

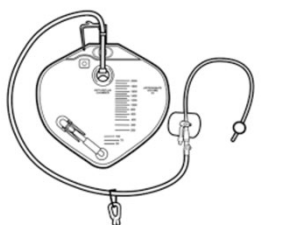
- You will have a small tube called an IV line.
- It gives you fluids and medicine.
- They will take it out when you leave the hospital.



49

FOLEY

- This tube will help you go to the bathroom.
- They will take it out within 6 hours after your surgery



50

FREQUENTLY ASKED QUESTION

- What is the blue and white device next to my bed?
 - This is called an incentive spirometer.
 - It helps prevent pneumonia after surgery.
 - A nurse will show you how to use it.
 - You can take it home with you and use it for the first two weeks after surgery.
 - Using this device will help keep your lungs healthy



51

FREQUENTLY ASKED QUESTION

- When will I see my medical team?
 - Your medical team will visit you before you leave the hospital.
 - If you have questions, it's a good time to ask!



52

STAY CONSISTENT WITH YOUR ANSWERS

- During your time here, many different medical team members will ask you the same questions.
- Your job is to answer as best you can each time, even if it's the same question.
- If anything about your health or personal life changes while you're here, please tell your medical team.



53

PAIN



- After surgery, you will feel some pain, especially when you stand and walk.
- Your nurse will talk to you about taking medicine for your pain.
- They will teach you how to take your pain medicine at home.
- Wait about 30 minutes after taking medicine before you start walking or doing exercises.
- Pain medicine will help you feel better, but it won't make you heal faster.



54

PAIN



- Will this surgery take away my pain?
 - Pain is normal after surgery.
 - The surgery is meant to stop your condition from getting worse.
 - It might make your pain better.
- What else can I do to help with my pain?
 - Use hot or cold packs.
 - Walk and change how you sit or lie down.
 - Move around.
 - If your doctor suggests a lidocaine patch, you can put it near your cut, but not on the cut.



55

PAIN



- Medicine after surgery...
 - Given at certain times
 - Given when you need it
 - Through a special IV pump you can control, but this will stop early
 - Pain medicine will help with pain but won't make you recover faster



56

SITTING UPRIGHT

- After surgery, your medical team will tell you to sit in a chair as much as you can handle.
- Sitting in the chair helps with:
 - Breathing
 - Pain
- At home, only go to bed when it's time to sleep.
- Don't stay in bed all day.
- This will help you feel better and get stronger after surgery



57

INCISION DRESSING

- **When can I shower?**
 - You can shower depending on your bandage.
 - Your nurse will tell you when you can shower and any rules.
- **What kind of bandage will cover my cut?**
 - It depends on your surgery
 - Options are AquaCell, basic gauze, or no bandage
 - You might have a drain (wound vac or bubble drain) too.



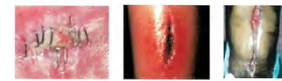
58

SURGICAL SITE INFECTION

Normal healing process below:



Infected incision below:



- To keep your surgery incision area safe:
 - Tell family and friends not to touch your bandage.
 - Ask them to wash their hands with soap and water before they visit you.
 - Keep your bandage clean, dry, and on. Don't take it off to show anyone your cut.
 - On the day you leave the hospital, your nurse will take a picture of your cut to keep track of how it looks for future visits.



59

SURGICAL SITE INFECTION

- To keep your surgery incision area safe:
 - Keep your room clean by using clean sheets, clothes, and surfaces.
 - Don't let pets get in your bed while you're getting better.



60

SIGNS OF INFECTION



- Your skin feels hot or looks red.
- You have a fever or feel hot all over (101.5)
- Your cut or wound is leaking pus or fluid.
- You feel more tired or sick than usual.
- If you notice any of these signs, tell your nurse or doctor right away.



61

BLOOD CLOT



Signs of a blood clot in your leg

- Your leg is more swollen, red, or warm than usual.
- Your calf hurts more when you touch it than usual.
- You have pain that doesn't feel normal
- If you feel any of these things, go to the Emergency Room right away. It's important to get help quickly.



62

CALL 911 OR GO TO THE EMERGENCY DEPARTMENT RIGHT AWAY IF YOU HAVE:



- Trouble breathing or feeling like you can't catch your breath.
- Pain in your chest.
- Blurry vision.
- Feeling weak on one side of your body.
- Really bad pain that doesn't get better with your medicine.
- Anything that happens suddenly.
- Don't try to drive yourself. It's important to get help quickly.



63

DISCHARGE PAPERWORK

- Your discharge papers will have important things to be careful about
 - Medicine, you need to take
 - Appointments for the future (and how to make them)
 - If you need more pain medicine, ask your regular doctor, not the surgeon.
 - The surgeon will only give you pain medicine for a short time
- Have questions? Call the clinic at 312-355-0510



64

ACTIVITIES AFTER SURGERY AND AT HOME



65

SWALLOWING AFTER CERVICAL SURGERY

- For those having surgery on your neck (cervical surgery), you might have trouble swallowing because of swelling in the area. If this happens....
 - Your medical team will begin with clear liquids for you to drink.
 - They will move you to a regular diet based on what you can handle.
 - If needed, a speech-language pathologist will advise you on how to help you get better.



66

MOBILITY CONSIDERATIONS

- Minimize muscle strain and pain:
 - This will help you recover well and return to activities you enjoy.
 - Follow your spine care instructions every day until your surgeon says otherwise.
- Depending on your surgery, you might need to wear a brace. Your surgeon will decide how long.
- Each doctor will explain your special instructions after surgery.
- Listen to your body above all else. As you start doing your usual activities again, you might feel some discomfort, which is normal. But if you suddenly feel much more pain, it could mean you need to take things slower.



67

PRECAUTIONS

- **No Bending:** Don't bend your waist.
- **No Lifting:** Don't lift anything heavy. Your doctor will say how much is okay.
- **No Twisting:** After neck surgery, don't twist your neck. Keep your head straight with your ears and shoulders in line. After back surgery, keep your shoulders and hips lined up, and avoid twisting your body.
- **Avoid Pulling:** Don't pull yourself out of bed or let someone else pull you up.

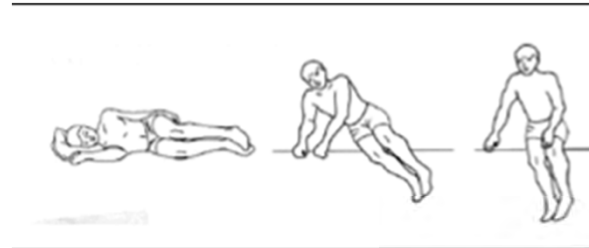


68

PRECAUTIONS

Getting Out of Bed:

1. Bend your knees and move to the edge of the bed.
2. With your knees still bent, roll your whole body to the side.
3. Lower your legs down while pushing with your arms to sit up.
4. Carefully place your feet on the floor and stand up by pushing from the edge of the bed.



Getting Into Bed:

1. Position yourself near the top of the bed.
2. Slide back on the bed and shift your weight diagonally.
3. Bend your elbow and lean on it while lifting both legs onto the bed. Lie down.
4. Bend your knees and push with your feet to adjust to a comfortable position.



69

MOBILITY RECOMMENDATIONS

• Positions in bed:

- Maintain the natural curve of the spine by using pillows. Lie on your side with your knees comfortably bent with a pillow between your knees. Or you can lie on your back with a pillow underneath your knees. Use a pillow to support the curve of the neck when lying on your back and side.

• Change positions regularly:

- Stand up and move around every 30 minutes to reduce muscle stress. Avoid sitting for longer than 30 minutes

• Walking program

- Continue walking and increase your distance or time by a little each week.

• Sexual Activity:

- You can have sex anytime if the position doesn't cause pain or strain your lower back.



70

STAIRS

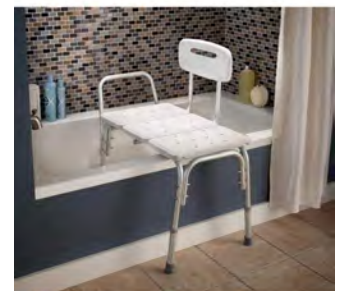
- **Using Stairs:**
 - You can go up and down the stairs a few times a day as needed.
 - Be sure you feel rested before using the stairs.
- **Use Handrails:**
 - Use handrails for support when going up and down stairs.
- **Walking Upstairs:**
 - Take the stairs one step at a time.
 - If one leg is more painful or weaker, step up with your stronger leg first, then bring the other leg up to the same step.
 - Don't pull yourself up with the handrail; instead, keep your arm by your side and push down on the handrail as you step up.
- **Walking Downstairs:**
 - Again, take it one step at a time.
 - As you go down, lead with your weaker or more painful leg.
 - Step down with your weaker leg first, then bring your other leg down to the same step.



71

HOME SAFETY

- **Use a Reacher:** Use a tool to pick up small things from the floor without bending.
- **Showering:** Clean your incision gently with soap and water. Use a long-handled sponge and handheld shower to avoid bending or twisting.
- **Bathtub Access:** Avoid tub baths. Consider using a transfer bench or shower chair if it's hard to get in and out of the bathtub.
- **Grooming:** Use a cup to rinse your mouth instead of spitting into the sink. When brushing your teeth, stand with one foot forward, brace yourself with one hand on the counter, and bend at your hips and knees, not your waist.



72

HOME SAFETY

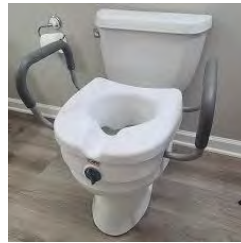
- **Dressing**

- Remember not to twist or bend when getting dressed.
- Options:
 - Put on your shirt, pants, socks, and shoes while lying on your back or sitting at the edge of the bed.
 - Use the crossleg technique: Place your foot on the opposite knee to avoid bending at the waist.
 - Use adaptive tools to help, like a Reacher, dressing stick, sock aid, or shoehorn (available on Amazon).



- **Toileting**

- Use a raised toilet seat with handles for easier and safer use. Buy or rent one before your surgery.
- Avoid twisting:
 - Place the toilet paper within easy reach to avoid twisting when using it.
 - Flush the toilet after standing up to avoid twisting when flushing.



73

HOME SAFETY

- **Eating:**

- Use straws to drink. Keep your neck and body in a neutral position.
- Keep your plate within easy reach to get your food.
- Don't lean forward over the table or rest your elbow on it.

- **Meal Preparation/House Tasks:**

- Keep items on countertops, in the refrigerator, desk, or couch within safe reach.
- Use smaller containers for milk, juice, and other liquids to make them easier to handle.
- Avoid lifting large bags of garbage.
- Avoid lifting bags of groceries.



74

OUTPATIENT PHYSICAL THERAPY

- Your doctor is requiring you to begin outpatient physical therapy about 7-10 days after your surgery.
- This will help your body heal, strengthen, and improve.
- How long you go depends on how well you do with walking and exercises at home.
 - You might go to therapy for 2 to 5 months.
- You'll have therapy two times a week to start, which means you'll see your therapy friends often.



75

SUMMARY

- The goal is for you to go home after leaving the hospital so you can start physical therapy outside.
- You need to be a part of getting better. Plan early, have someone there to help you, and go to all your physical therapy and doctor visits.
- Talk with your medical teams and ask them questions. They are here to help you and answer any questions you have.



76

DISCHARGE PLANNING

77

PRE-OPERATIVE SOCIAL WORK SCREEN



78

PRE-OPERATIVE SOCIAL WORK SCREEN

- Social worker will call 2-3 weeks before your surgery.
- We will discuss Outpatient Physical Therapy options.
- We might also discuss nursing homes if you need additional support that you don't have at home.



79

OUTPATIENT PHYSICAL THERAPY

- **Homework** : start thinking about where you want to go for physical therapy (SW will assist if necessary)
- We don't want any delays!
- SW will fax OP PT order
- If utilizing VA, you must contact your Primary Care Physician (PCP) to send referral
- Make sure to set up your appointment before your surgery date
- You must finish this or your surgery might need to be moved.



80

OUTPATIENT PHYSICAL THERAPY



81

HOME HEALTH THERAPY



- **After your surgery**, the PT/OT (physical therapy/occupational therapy) team will check if you need therapy at home.
- They only do this for people who have trouble moving around.
- You'll need to confirm with your insurance to see what they cover.
- If you're doing better, you'll start going to therapy outside the home in 1-2 weeks.
- **Reminder:**
 - Outpatient Physical Therapy is more intense compared to therapy at home.



82

NURSING HOMES



- **After your surgery**, the PT/OT team will check if you might do better going to a nursing home to get more help.
- Your insurance must approve as well
- Acute Rehab (Shirely Ryan) are only for complex cases.
- Medicaid doesn't pay for therapy at nursing homes.

THIS IS A LAST RESORT FOR PATIENTS WHO MAY NOT HAVE ADEQUATE SUPPORT AT HOME.



83

NURSING HOME OPTIONS

- **Look at nursing homes near your zip code and make a list of 3-5 options.**
- Your placement will be based on what your insurance can cover.
- Bring that list with you to the hospital on the day of your surgery so the inpatient team can help you pinpoint which facility you'll transition to.
- **We understand this process is not ideal.**
- We only want you there for a few weeks until you're mobile and ready to go home.



84

TRANSPORTATION WITH MEDICAID

- If you have Medicaid insurance, they can give you a ride to and from your doctor visits.
- Medicaid won't give you rides to and from the hospital when you need to stay overnight. You need to plan how you'll get to the hospital for your surgery and how you'll get home afterwards.
- You need to call them at least 3 days before your appointment to schedule the ride.
- They'll ask where you live, where your appointment is, and when it's happening.
- It doesn't cost anything—it's free and a benefit of having Medicaid insurance.
- Here are the phone numbers you can call based on your insurance:
 - Aetna Better Health of Illinois: 1-866-329-4701
 - Blue Cross Community Medicaid: 1-877-831-3148
 - CountyCare Health Plan: 630-403-3210
 - Meridian Medicaid: 866-796-1165
 - Molina Medicaid: 844-644-6354
 - Illinois Medicaid (First Transit): 1-877-725-0569



85

TRANSPORTATION WITH MEDICARE

- Some Medicare plans can help pay for rides to your doctor visits, but you need to ask your insurance first. Call the number for your plan to find out what they cover.
- Medicare won't give you rides to and from the hospital when you need to stay overnight. You need to plan how you'll get to the hospital for your surgery and how you'll get home afterwards.
- Here are the phone numbers for some Medicare plans:
 - Aetna MMAI: 866-212-2851
 - Wellcare Medicare: 866-393-2158
 - Humana Medicare: 866-393-2157 & 866-588-5122
 - Cigna Medicare: 866-213-7308
 - United Healthcare Medicare: 866-418-9812
 - Blue Cross Medicare Advantage: 844-452-5122
 - Clear Spring Health Care: 877-364-4566
 - Zing Health: 866-946-4458



86

HOSPITAL DISCHARGE TRANSPORTATION

- The hospital can arrange a ride home for you, **but you must pay for it.**
 - They charge \$50 just to start, plus \$3 for each mile you need to go.
 - For example, if you live 31 miles from the hospital, it will cost \$143 to get home.
- You can't ride in an Uber or taxi by yourself to go home.
- **Make sure to plan how you'll get to and from the hospital before your surgery.**
- If you need more help, ask the social worker.



87



88

CLINIC NUMBER: 312-355-0510

- If you have any questions, call this number.
- If no one answers, leave your name, date of birth, and what is the problem (bleeding/leaking)
- Someone will call you back.

89

EDUCATION CLASS SURVEY

- Please take 10 seconds to answer a quick survey. It's anonymous, which means no one will know it's you.
- Use your device to scan the square code (QR code) to start the survey.



90

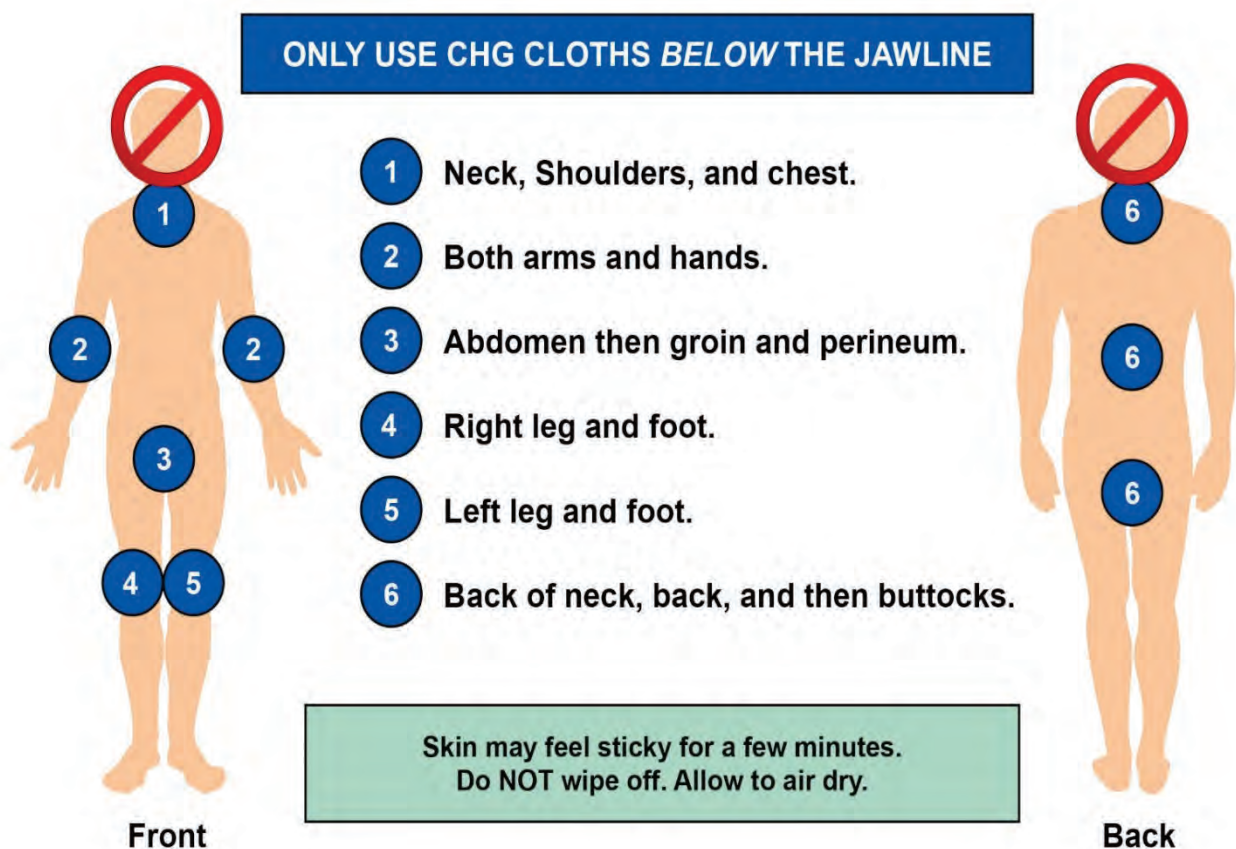
Preparing Yourself Before Surgery

OVERVIEW: You can play an important role in reducing the risk of infection by using 2% Chlorhexidine Gluconate (CHG) antiseptic solution to decrease bacteria on your skin before surgery. This treatment is performed using CHG cloths as a rinse free solution that kills germs when used on clean skin.

IMPORTANT INFORMATION:

- **DO NOT USE** if you have a known allergy to Chlorhexidine Gluconate (CHG)
- **DO NOT** let CHG get in your eyes, ears, or mouth. If contact to eyes, rinse with cold water immediately.
- **If irritation, sensitization, or allergic reaction occurs, STOP USE, rinse affected area with cold water immediately and let your doctor know.**

The steps below outline the CHG treatment process and should be carefully followed (may differ from package instructions).



Source: Agency for Healthcare Research and Quality

Key Points:

- Use each cloth for thirty (30) seconds while rubbing the skin gently to massage skin with CHG cloth to bind effectively. **Use all six (6) CHG cloths in the packages as instructed.**
- **CLOTHS ARE THROWN AWAY, never flushed in the toilet.**

**** Please turn this page over for additional instructions.**

Preparing Yourself Before Surgery

SKIN PREPARATION INSTRUCTIONS

- The night before surgery, take a shower at bedtime, preferably with antibacterial (e.g., Dial) prior to the first CHG application. Only use CHG on clean skin that is cool and dry.
- DO NOT SHAVE THE SURGICAL AREA!! Your nurse will use clippers to remove hair, if needed, at the surgical site. Using a razor to remove your hair before surgery can cause infections because it can leave small cuts on the skin.
- Skin may feel sticky for a few minutes. Do NOT wipe off. Allow to air dry.
- DO NOT use regular soap below the jawline after using CHG, soap may inactivate CHG.

HOW DO I USE THE CHG CLOTHS?

1. To apply CHG, wipe the body in back-and-forth motion. Use each cloth for thirty (30) seconds while rubbing the skin gently to massage skin with CHG cloth to bind effectively.
 - **Cloth 1:** wipe your neck (beginning under the chin), shoulders and chest.
 - **Cloth 2:** wipe both arms, starting each with the shoulder and ending with the fingertips.
 - ***Be sure to thoroughly wipe the armpit areas.*
 - **Cloth 3:** wipe your abdomen, groin, and perineum (ensuring that you wipe between skin folds).
 - **Cloth 4:** wipe right leg and foot, getting between the toes and behind the knees.
 - **Cloth 5:** wipe left leg and foot, getting between the toes and behind the knees.
 - **Cloth 6:** wipe the back of the neck, the back and then the buttocks. Assistance may be required.
2. Allow area to “air-dry” for one (1) minute. **DO NOT RINSE.** It is normal for the skin to have a “tacky” feel for several minutes after the antiseptic solution is applied, this will go away as the CHG dries, and means it is working to prevent germs!
3. Also, do not use lotions, powders, or creams after using the wipes. They will reduce the effectiveness of the CHG treatment.

Additional instructions:

- Sleep in clean clothes with clean sheets/pillowcase after completing treatment bath.
- Shower again in the morning and brush your teeth.
- Dress in clean clothes to report to hospital.

HELP US HELP YOU PREVENT INFECTION BY CAREFULLY FOLLOWING THE INSTRUCTIONS

**** Please turn this page over for additional instructions.**

Ensure Shake Instructions (6 Bottles)

Your doctor wants you to start drinking Ensure shakes three days before your surgery. That's three days before you go to the hospital.

- *You need to drink one Ensure shake in the morning and another one in the evening.*
- *The last one you drink should be the night before your surgery.*

Remember to eat your regular meals as well.

Ensure shakes are something your doctor recommends helping you get ready for your surgery, but they're **NOT** meant to replace your meals.

SPINE SURGERY PATIENT CHECKLIST

2-4 Weeks Before Surgery:

- ✓ Who will stay with you after your surgery?
- ✓ When will you learn more about your surgery?
- ✓ When will you see your doctor after your surgery?
- ✓ When will you start outpatient physical therapy?

1-3 Days Before Surgery:

- ✓ Did you pack your bag for the hospital?
- ✓ Did you start drinking special shakes?
- ✓ Who will take you to the hospital and bring you back?
- ✓ Who will be with you when you go in and come out of the hospital?

Day Before Surgery:

- ✓ Did the clinic call you yet?
- ✓ When do you need to stop eating and drinking?
- ✓ Did you use the special wipes?
- ✓ What time should you be at the hospital tomorrow?
- ✓ Did you make sure you have a ride to the hospital?

Day of Surgery:

- ✓ Did you stop drinking clear liquids two hours before your surgery?

SCHEDULE PHYSICAL THERAPY AT UI HEALTH

Why

- Physical Therapy is recommended by your surgeon and will help you recover after your surgery.

When

- Set up your appointment **after your surgery date is confirmed.**
- Your appointment must be within **7-10 days after your surgery.**

How

- Call to schedule Physical Therapy at **312-355-4394** and leave a voicemail with your name and number for a scheduler to reach you.
- The scheduling team will help you understand your insurance coverage.

UI Health Physical Therapy Locations

- Outpatient Care Center: 1801 West Taylor Street; Suite 2C
- University Village: 711 West Maxwell

SPINE SURGERY EDUCATIONAL VIDEOS

Purpose: To Prepare You for Your Upcoming Surgery

How: Scan the QR Code Below

Questions: Call the Clinic at 312-355-0510



Thank you for Choosing UI Health!

CARING FOR YOUR SPINE SURGICAL INCISION

When you're ready to go home, your healthcare team will tell you how your incision was closed.

Please follow the care steps below that go with your closure.

Sutures

- **What to Expect:** These will need to be removed at your 2–3-week follow-up appointment.
- **Care Instructions:**
 - It's okay to get the sutures wet.
 - Gently wash the area with soap and warm water; let the soapy water run over the incision.
 - Pat dry with a clean towel.
 - **Do not** pick, pull, or cut the sutures.
 - Avoid scratching the area.

Skin Glue

- **What to Expect:** The skin glue will start to flake off on its own.
- **Care Instructions:**
 - It's okay to get the skin glue wet.
 - Gently wash the area with soap and warm water; let the soapy water run over the incision.
 - Pat dry with a clean towel.
 - **Do not** pick at or pull the skin glue.
 - Avoid scratching the area.

Staples

- **What to Expect:** These will need to be removed at your 2–3-week follow-up appointment.
- **Care Instructions:**
 - It's okay to get the staples wet.
 - Gently wash the area with soap and warm water; let the soapy water run over the incision.
 - Pat dry with a clean towel.
 - **Do not** pick, pull, or cut the staples.
 - Avoid scratching the area.

Steri-Strips

- **What to Expect:** The steri-strips will fall off on their own.
- **Care Instructions:**
 - It's okay to get the steri-strips wet.
 - Gently wash the area with soap and warm water; let the soapy water run over the incision.
 - Pat dry with a clean towel.
 - **Do not** pick at, pull, or cut the steri-strips.
 - Avoid scratching the area.

Dissolvable Sutures

- **What to Expect:** These sutures will dissolve on their own within 2 to 6 weeks.
- **Care Instructions:**
 - It's okay to get the sutures wet.
 - **Do not** pick, pull, or cut the sutures.
 - Avoid scratching the area.

Bandage

- **Care Instructions:**
 - Please refer to your healthcare provider for specific instructions on caring for your bandage.

GENERAL CARE INSTRUCTIONS FOR YOUR INCISION

You Can Shower as Usual!

Keep Your Hands Clean: Always wash your hands before touching your incision.

Keep It Clean and Dry: Ensure your incision remains clean and dry.

Avoid Touching or Removing Scabs: Scabs protect your wound—do not pick at them.

Watch for Problems: Monitor for redness, swelling, bleeding, or unusual smells. Be alert for chills or fever over 101.3°F (38.5°C). If you notice drainage or opening of the incision, contact your healthcare provider immediately.

No Lotions or Creams: Avoid applying any lotions, creams, or ointments to the incision area.

Avoid Soaking: Do not swim, bathe, or use hot tubs until your next appointment.

Bruising is Normal: Some bruising around your incision is expected.

Let It Breathe: Do not cover your incision with a bandage.



TOBACCO TREATMENT CENTER

You can quit.
We can show you how.

Congratulations! By picking up this card, you have taken the first step to getting the help you need. Turn this card over to find the next steps that will help you quit. For good.



The Tobacco Treatment Center is a program offered jointly through the Pulmonary and Pharmacy services.

TOBACCO TREATMENT CENTER

WE OFFER

Personalized Care

We listen to you. We understand your experience is unique.

Individualized Treatment Plans

Based on your unique experience, we will work closely with you to identify the best approach to stop your tobacco dependence.

We Are There For You

After your initial visit, we will continue to be there to support you and help you succeed.

UNDERSTANDING THE FACTS

- Smoking cigarettes is as addictive as heroin, cocaine and alcohol.
- It is never too late to quit using tobacco products.
- The body begins to heal itself immediately once it is no longer exposed to tobacco and other harmful chemicals in tobacco products.
- There are proven effective methods to help you succeed in stopping tobacco dependence.

FOR QUESTIONS:



Lori Wilken
PHARM D, TT-S, AE-C, BCACP
Director of Tobacco
Treatment Center
312.413.7906
lwilken@uic.edu



Min Joo MD, MPH
Medical Director of
Tobacco Treatment Center

LOCATION:

University of Illinois Hospital
Outpatient Care Center (OCC)
1801 West Taylor St. Suite 3C

National Tobacco Quit Line:

1-800-Quit-Now

Website:

smokefree.gov

TO MAKE AN APPOINTMENT CALL

312.413.4244

Visits are covered by most insurance plans