



Andrew Clavenna, MD
Surgery Instructions
North Central Surgery Center

1. The time of your surgery and check in will be provided to you one week prior to your surgery.
2. Please schedule your preop clearance at least three weeks prior to your surgery within 30 days of your surgery date.
3. One week prior to your surgery you must discontinue all anti-inflammatories including aspirin products (Aleve, Naprosyn, ibuprofen, Advil...)
4. Please discontinue all supplements one month prior to your surgery. Examples of supplements are: cinnamon, red rice yeast, fish oil, omega 3, Vitamin E, etc. If it is not prescribed by your PCP please ask us.
5. On the day of your surgery please do not eat or drink anything after midnight. You may take necessary medications with a sip of water.
6. Cleanse the surgical area with Hibiclens the night before and the day of surgery. This includes any bone graft site as well. Leave on for 5 minutes and then rinse. This cleanser can be found at your local pharmacy.
7. Recommended vitamins for healing are: Multi-Vitamin, Vitamin B Complex (B6 and B12) for nerve healing, Vitamin C (1000 mg) for collagen/wound healing and Vitamin D (min 1000IU) for bone healing.
8. Nutrition is extremely important. You will be hyper-metabolic and not hungry initially after your surgery. It is important to consume extra protein in your diet 1-2 weeks prior to your surgery. Post-surgery, if your appetite is low, please use supplements to help get nutrition (Ensure, Boost, Glucerna, Protein Bars).
9. Aerobic fitness is important. The more aerobically fit you are pre-surgery, the easier surgery will be.
10. Check in to North Central Surgery Center in Tower I, Suite 100.
11. You will be given adequate pain medications and muscle relaxers post-operatively for two weeks. The majority of patients can be transitioned to Ultram or Tylenol at this point. Should you continue to need triplicate pain medication (hydrocodone, oxycodone) beyond 2 weeks, we will ask for pain management assistance in providing these to you.

12. If you are on narcotics prior to surgery, you will need a pain management consult prior to surgery to ensure adequate pain control post-operatively. We recommend you be off all narcotics prior to your surgery.
13. Constipation-Constipation can be an issue after surgery. We recommend you take Colace 100mg BID and Miralax 17 gm/day until off pain medications and your bowel movements are regular.
14. If your surgery is scheduled more than 3 business days out you have undergone an MRSA nasal swab culture screen. If the test is positive you will receive adequate antibiotics peri-operatively. No other treatment will be required.
15. If your surgery is scheduled urgently and MRSA screen is not obtained, you will also receive adequate antibiotics peri-operatively.
16. After your surgery, Dr. Clavenna or Claire will see you back in the office within two weeks and then again in six weeks.
17. For questions and other information about your surgery please refer to the following information:

Name	Title	Location	Phone Contact
Lupe Couch	Physician Coordinator	Carrell Clinic	214-220-2468
Denise Combs	Surgical Billing	Carrell Clinic	214-220-2468
Shannon Jackson	Facility Charges	NCSC	214-265-2810
DIMG	Internal Medicine		214-373-3183
Rapid Orthopedic Supplies	Bone Growth Stimulator (Only if Request by Doctor)		972-875-6961
Neurophysiology	Intraop Neuromonitor (Only if having Fusion)		214-295-6703