



Dear Valued Patient:

Your surgery with Dr. Anand has been scheduled at 90210 Surgery Medical Center.

90210 Surgery Medical Center (90210 SMC) has created a remarkable facility. We believe it to be the perfect home for our minimally invasive surgery of the spine program. By focusing on the specific needs of each patient as an individual, we have been tremendously successful at delivering superior patient outcomes.

You are an ideal candidate for minimally invasive surgery at 90210 SMC because you are healthy and, like other patients, can find motivation in the opportunity to recover in the safety and comfort of your own home or, in some cases, an after-care facility rather than a hospital.

*In preparation for your procedure, please review the following information which includes important Pre-operative reminders.*

You will need to arrive 2 hours before your scheduled surgery time at the following location.

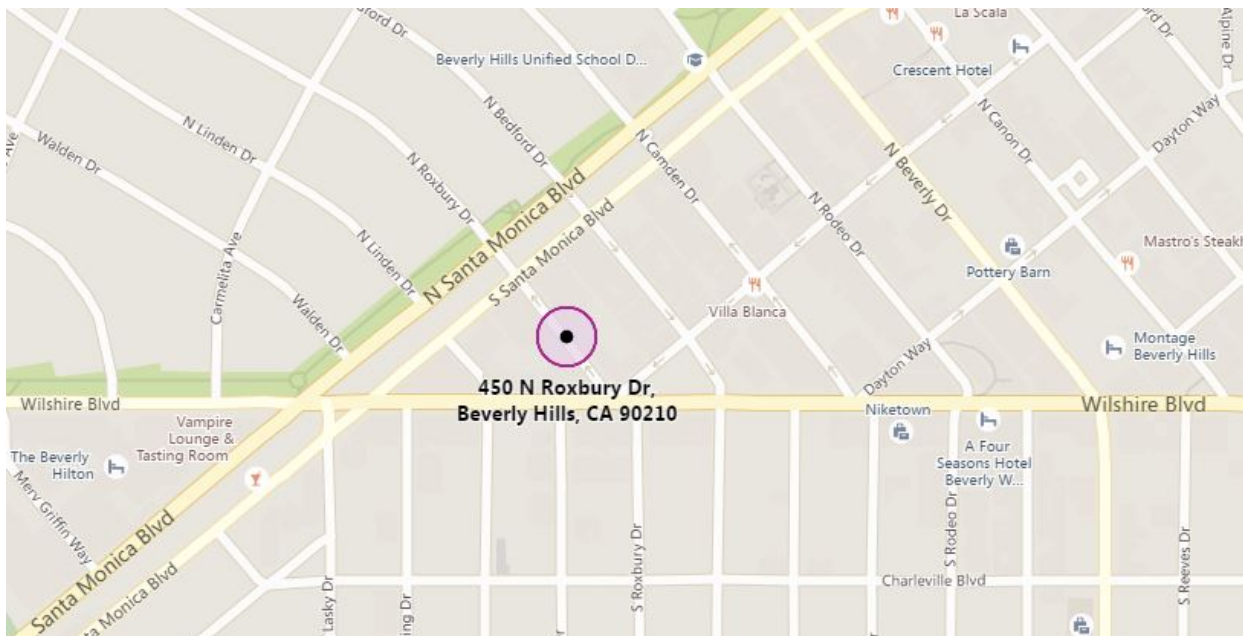
### Location and Parking

**90210 Surgery Medical Center is located at:**

The Roxbury Building  
450 North Roxbury Drive, Suite 600  
Beverly Hills, CA 90210

**Convenient and ample parking is located at:**

450 N. Roxbury Dr. as well as metered parking northwest and northeast of the N. Roxbury Drive/Santa Monica Blvd. intersection.





## PRE-OPERATIVE REMINDERS

Do not eat or drink anything after midnight the day of your surgery. This includes water, chewing gum, breath mints, etc. If you take medicine on a daily basis, check with your preoperative physician regarding the last time you should take them. If you are instructed to take medication after midnight the night before your surgery, you may take the medicine with only a small sip of water.

If you are currently on a blood thinner, please discuss this with your preoperative physician to determine if and when you can stop that medication.

Remember to stop taking the following medications at least 10 days prior to surgery:

- any aspirin or aspirin containing medications
- any non-steroidal anti-inflammatories (Advil, Aleve, Ibuprofen, Mobic, Naprosyn, Celebrex)
- Vitamin A, Vitamin E, St. Johns Wort, MSM, Glucosamine, Sam-E, Ginger, or Garlic
- Chinese herbs or plant extracts (especially: Ginko-Biloba, Mahuang, Kava-Kava Root, or Ginseng, etc.)

Leave your jewelry and valuables at home. Do not wear make-up the day of surgery. Do not wear dark colored nail polish on hands or feet, as this may interfere with the anesthesia monitoring equipment.

If you are having a **FUSION**, please also remember **NO SMOKING OR TAKING ANTI-INFLAMMATORIES (MORTRIN, ALEVE, CELEBREX, IBUPROFEN, NAPROSYN OR ASPIRIN) FROM THIS POINT ON AND FOR AT LEAST 9 MONTHS AFTER SURGERY** as these activities may interfere with the fusion.

Please contact our office if any changes occur in your health prior to surgery that may affect your eligibility for surgery. Please do not have any dental or other medical procedures without consulting this office.

If you develop a fever, cold symptoms, coughing, chills, aches, or any other illness between now and your surgery date, notify this office and your preoperative physician immediately.

Please consult the following websites for additional information as you prepare for your surgery:

- [www.infospine.net](http://www.infospine.net)
- <http://www.90210smc.com/about/>



## POST-OPERATIVE REMINDERS

### Activity/Physical Therapy

- Encourage you to be out of bed with assistance as soon as possible
- Start with log rolling in bed, then dangling legs, then sitting in chair, then walking
- Activity reduces the chance for wound infection, urinary tract infection, pneumonia, constipation, and it helps with pain and spasms
- You should increase activities as tolerated, slowly returning to your normal routine (best activity is to walk several times a day)
- Only gentle bending (ex. put on socks or shoes) allowed
- No twisting motions or lifting/carrying more than 10 lbs
- It is normal to become more tired with your normal activities; it is part of the recovery process
- Recommend being off of work for 1-2 weeks depending on your surgery; many fusion patients take off of work for ~6 weeks

### Pain Management

- Goal is to balance pain management with the side effects of pain medications
- Pain will fluctuate after surgery; use prescribed pain medications as needed
- If you are followed by a pain specialist, make a follow up appointment within 2 weeks of your discharge

### Discharge

- Once stable, you will be discharged
- Wound care – keep dressing on for 3-5 days; allow steri strips to fall off on their own (takes about 2 weeks); keep staples covered at all times
- May shower 24 hours after discharge – remove dressing, allow water to run over incision area, pat dry. Apply waterproof dressing for shower if staples present
- Do not soak in a tub, pool, or hot tub until the incision has healed (~2-3 weeks)
- Call the office if your incision area becomes hot or red or if the incision starts draining at 310-423-9779



#### Wound Care:

- Keep dressing on for 3-5 days. Change dressing as needed with gauze and medical tape. No ointments or creams
- Allow steri strips over the incision to fall off on their own (2-3 wks). If staples present, keep them covered & dry
- You may shower 24 hours after your discharge with a waterproof dressing or saran wrap covering
- Do not soak in a tub, pool, or hot tub until the incision has healed (at least 2 weeks)
- Call the office if your incision area becomes hot or red or if the incision starts draining
- Avoid Smoking

#### Bone Stimulator:

- If you have undergone a multi-level fusion, are a smoker, or have osteoporosis, you will be prescribed a stimulator
- You should typically wear it for at least 4 hours a day for 9 months (most convenient to wear it at night)

#### Precautions for Fusion Patients:

- Avoid anti-inflammatory medications (such as Advil, Motrin, Celebrex) as they may inhibit the fusion
- We advise taking prophylactic antibiotics prior to extensive dental work

#### Post-Operative Appointment:

- Call the office at 310-423-9779 immediately to schedule a post-operative appointment within 2 weeks of your procedure