



SIERRA NEUROSURGERY GROUP

Expert Care for Brain, Spine
& Pain Management

MEDICATION INFORMATION

Main Office: (888) 323-2080
Neurosurgery Fax: (775) 323-8216
Pain Management Fax: (775) 683-9404

DO NOT TAKE THESE MEDICATIONS 7 DAYS BEFORE SURGERY.

Depending on your surgery, you may need to stay off these medications after surgery.

Your Surgeon will advise you when it is safe to restart these medications.

Anti-Inflammatories:

Aspirin (any dose)

Daypro

Diclofenac (Arthrotec,
Voltaren/Zipsor)

Etodolac (Lodine)

Fiorinal/Excedrin

Ibuprofen (Advil, Motrin)

Indomethacin (Indocin)

Mobic (Meloxicam)

Naproxen (Aleve, Naprosyn)

Relafen (Nabumetone)

Blood Thinners

Coumadin/Warfarin (7 days
prior)

Eliquis (3-4 days prior)

Plavix

Xarelto/Pradaxa (3-4 days
prior)

Herbal Remedies

Black Cohosh

Garlic/Ginseng

Ginkgo Biloba

Turmeric/Arnica

Dietary Supplements

Fish Oil/Omega-3

Glucosamine/Chondroitin

Osteo Bi-Flex

Saw Palmetto (2 weeks prior to
surgery)

Weight Loss Medication (ex.
Phentermine, etc.) (2 weeks
prior to surgery)

If you are taking a blood thinner such as Coumadin/Warfarin, Plavix, Xarelto/Pradaxa, or Eliquis for a heart or vascular problem, please consult your "prescribing physicians" to make sure that it is safe for you to stop taking these medications.

Postoperative Medication

Your surgeon will manage your postoperative pain for a short period of time. The plan will be to taper your pain medication over time with the ultimate goal of being off all pain medication approximately 4-12 weeks after your surgical procedure.

Please be advised that there are frequent changes to insurance coverage for opioid pain medications. You may be required to pay cash for your post-operation pain medications when you are discharged from the hospital. While our physicians and nurse practitioners will do their best to avoid this from happening, sometimes it is unavoidable due to your insurance benefit.

Our providers felt that it was important to disclose this information ahead of time so you are aware and have an opportunity to plan.



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BEFORE SURGERY INSTRUCTIONS

Main Office: (888) 323-2080

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1 DO NOT EAT ANYTHING after midnight.

2 You may drink up to 16oz of clear liquids until you check in to the hospital. Clear liquids include: water, juices without pulp, coffee/tea without milk or creamer and sports drinks i.e. Gatorade. Your anesthesiologist may delay or cancel your surgery if you do not follow these instructions.

3 Stop taking NSAIDS 7-14 days prior to surgery. Examples: Advil, Aleve, Aspirin, Motrin, Voltaren, Naproxen/Naprosyn, Excedrin, Relafen, Diclofenac or Mobic. Do not stop your necessary medications.

4 Notify your surgeon if you are taking blood thinners: Coumadin/Warfarin, Plavix, Eliquis, Xarelto, Pradaxa or Aspirin. Our office will notify you when to stop before surgery. Your surgeon will instruct you when it is safe to restart blood thinners after your procedure.

5 Avoid dental procedures 3 weeks prior to surgery and 3 months following all surgical procedures. **Antibiotics will be required for cleaning, crowns, fillings or extractions during this period.**

6 You must notify the office immediately if you develop any cold, COVID-19, or flu-like symptoms or if you are actively being treated for an infection prior to surgery.

SURGERY TIMES MAY CHANGE

You will be contacted the day before surgery to confirm check-in and surgery time. Please bring a photo ID to the hospital. You will NOT be admitted without one!



HAVE QUESTIONS? PLEASE CALL OUR OFFICE AT 775-323-2080.

Go to the ER for emergencies and severe symptoms.

ACTIVITY

- No strenuous activity- do not lift greater than 10lbs.
- The best exercise is walking. Do not overdo it.
- A splint or brace may be required depending on your procedure. Follow surgeon instructions and use as directed.
- Physical Therapy may be recommended after your surgery. This will be discussed at your post-op visit.

Peripheral Nerve Surgery:

- If you have Peripheral Nerve Surgery, keep your arm elevated as much as you can. This will decrease swelling and promote healing.
- Do not submerge your arm in water, such as doing the dishes, and do not exercise your arm/hand/fingers while your incision is healing. However, we do want you to move your arm so it doesn't get stiff.
- Do not lift more than 10 lbs with your surgery arm for 4 weeks.
- Remove dressing or brace if you have swelling, pain or discoloration of your fingers or hand and call our office.

DRIVING

- Do not drive until cleared by your physician.

SHOWER

- You may shower 24 hours after the drain is out or 48 hours after surgery.
- Avoid water pressure on the incision site.
- No bathtubs, hot tubs or pools until cleared by your physician.

WOUND CARE

- Follow your surgeon's instructions.
- Keep incision clean and dry.
- Monitor your incision daily.
- Report redness, swelling or drainage.
- Do not put any creams or ointments on your incision.
- Your sutures/staples will be removed by our office usually 2 weeks after your surgery.



WORK

- Do not return to work until cleared by your physician.

MEDICATION

- Pain medication/muscle relaxers: take as needed and follow the prescription instructions (do not take more than what is prescribed). May cause extreme constipation, drowsiness and nausea. Report any extreme adverse side effects.
- Take stool softeners every day you are using pain medication to avoid constipation. If no bowel movement in two days, take an over-the-counter laxative, suppository or enema. Avoid Metamucil.
- **Do not take any NSAIDs** (Advil, Motrin, Ibuprofen, Meloxicam, Aleve, Diclofenac, Aspirin, Anticoagulants) until your surgeon says it's okay.
- Resume routine medications as directed at discharge.

FOLLOW-UP APPOINTMENT

- Follow-up is generally at 2 weeks AND at 4-6 weeks post-op.
- X-rays are typically performed at 4-6 week post-op visits for fusions only.

DENTAL PROCEDURES

- Avoid dental procedures for 3 months. For dental emergencies, you may need antibiotics within 3 months of surgery.

PAIN AND NUMBNESS

- Pain is usually the 1st symptom that resolves. This can take several weeks, but the intensity of your pain will continue to decrease.
- The numbness can take several months to resolve.

WHAT TO WATCH FOR

- Monitor incision: Report redness, swelling or drainage.
- Report any new severe pain, numbness, weakness and/or bowel/bladder issues.
- Report extreme nausea.
- Report persistent, shortness of breath/chest pain.
- Report fever if greater than 101.5 degree Fahrenheit (73.6 degree Celsius).
- Report calf pain, redness or swelling.



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**FOR PAIN MANAGEMENT
PATIENTS**

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Attention Pain Management Patients

Your Neurosurgeon has recommended surgery. Since you may be under a pain contract with your pain management provider, we request that you contact their office and advise them of the recommended treatment plan and discuss your postoperative pain management.

If your pain management provider requests to have your Neurosurgeon manage your acute pain postoperatively, our office will provide postoperative pain medication at the time of discharge from the hospital. We will also help manage your acute pain up until your first postoperative appointment. This will not include the chronic pain medication you are receiving from your pain management provider.

Sincerely,
Sierra Neurosurgery Group



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SURGERY APPOINTMENT DATES

Main Office: (888) 323-2080
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Date of surgery: _____ Check-in time: _____

Location: _____

Pre-op testing date: _____ Time: _____

Location: _____

Pre-op appointment in our office with: _____

Date: _____ Time: _____

Post-op appointment in our office with: _____

Date: _____ Time: _____

SURGERY TIMES MAY CHANGE.

You will be contacted the day before to confirm your surgery time.



WHAT TO EXPECT WHEN SCHEDULING SURGERY

The Following Will Need To Be Completed Prior To Surgery.

1

CLEARANCE

If clearance from another physician is required, surgery will be scheduled once clearance is obtained. Patients are encouraged to contact their doctors' offices to make clearance appointments. Contact our office to inform us when appointments are scheduled. We will submit all forms directly to the appropriate physician(s) on your behalf.

2

AUTHORIZATION

In most cases, authorization from your insurance is required prior to your surgery. Each insurance has a different timeframe and this may affect your surgery date. If we do not receive authorization before your surgery, we will need to reschedule. If you have worker's comp insurance, authorization will need to be obtained prior to scheduling.

Your surgery might be scheduled and authorized as an outpatient/same day surgery. However, please plan on staying the night. If you have any questions about authorizations, contact us at 775-789-3947.

3

PREOPERATIVE TESTING/IMAGING

Once you are scheduled for surgery, your scheduler will set up preoperative testing to make sure you are safe to have surgery. Preoperative testing may include blood work, EKG, imaging and often a urine test. **This can be scheduled at the hospital where your surgery will be performed. If you live out of town, we will do our best to arrange testing closer to home.** Patients do not need to fast for these tests prior to surgery. If updated imaging (X-ray, CT or MRI) is needed prior to your surgery, these imaging studies must be scheduled or completed before your surgery date is confirmed.

4

PREOPERATIVE APPOINTMENT

You may need a preoperative appointment with either your surgeon or an APN/PA. Your scheduler will set this up if necessary.

5

MEDICATION REVIEW

Someone from your surgeon's team will contact you to go over medications and allergies. They will give you instructions on what medications are safe to take before surgery.

6

SURGERY DATE

A surgery scheduler will contact you once they receive the surgery order and dictation.

SURGERY DATES/TIMES MAY CHANGE.

You will be contacted the night before to confirm your surgery time.

To learn more about your surgery or procedure, please check out our website at www.sierraneurosurgery.com. Under "Neurosurgery", there are videos if you click "surgical procedures." Also, under "For Patients", there are videos if you click "patient education videos". There are also booklets and pamphlets available in our office.