



Boston Spine & Scoliosis

*Reducing the Trauma of Spine Surgery®
Minimally Invasive Surgery of Cervical, Thoracic and Lumbar Spine, Board Certified*

Instructions prior to surgery

Pre op bathing:

You will need to get **Hibiclens** (over the counter) which is an antimicrobial wash that you will use for 3 days before surgery instead of your normal soap/body wash from the neck down.

Food:

NO FOOD AFTER MIDNIGHT THE NIGHT BEFORE YOUR OPERATION. You may have clear liquids up to 2 hours before your surgery, including water, black coffee/tea, apple juice, and cranberry juice.

Medications prior to surgery

(Please continue to take all your regular medications with the following exceptions)

Anticoagulation medications:

(Plavix, Eliquis, Coumadin, Warfarin) must be stopped 5 days prior to surgery, and we will require written clearance from the prescribing doctor. Can be faxed to 508-297-8540.

Anti-inflammatory (NSAID)/ Aspirin:

NO Excedrin, Motrin, Advil, Ibuprofen, Celebrex, Aleve, Naproxen, etc., 7 days before surgery. You can use Tylenol, Tylenol PM, or Extra Strength Tylenol.

Vitamins/Supplements:

Multivitamins, Fish Oil, Vitamin E, any Herbal Supplements should be stopped 14 days before surgery.

Diabetic patients:

If you require **insulin**, please take only one half of your morning insulin dose on the day of surgery. If you take pills for your diabetes, please do not take your pill the morning of surgery.

Refills:

Refills should be called into the office at least 2 days before you run out. *Same day refill requests are not guaranteed*

Call 617-431-3121 for all refill needs and post operative questions.