



Weill Cornell Medicine
Center for Comprehensive Spine Care

NewYork-Presbyterian
Och Spine

YOUR GUIDE TO SPINE SURGERY

**Please talk
with your care
team about how
Covid-19 may
have temporarily
changed the
details within this
booklet.**

The Weill Cornell Medicine
Center for Comprehensive Spine Care
888-922-2257

TABLE OF CONTENTS

WELCOME	3
NEUROLOGICAL SURGERY	4
Attending Spine Surgeons	4
Advanced Practice Providers	5
Spine Center Coordinator	5
WHO'S WHO	6
PREPARING FOR SURGERY	7
The Month Before Surgery—Your Checklist	7
Preoperative Evaluation and Paperwork	7
Imaging	7
Insurance	7
Medications	7
Overall Health	8
Home Safety Evaluation	8
Family Member/Caregiver Support	9
Private Room & Private Duty Nursing	9
MyChart	9
The Day Before Surgery	9
Preoperative Phone Call	9
What to Bring to the Hospital	10
The Day of Surgery	10
Check-In	10
Infection Prevention	10
ANESTHESIOLOGY	11
About Anesthesia	11
Anesthesia and Pain Management	11
AFTER SURGERY	12
Recovery Room/PACU	12
Transfer to Your Room	12
What to Expect During Your Hospital Stay	12
Visiting Hours	12
Discharge Planning	12
Postoperative Appointment	13
Incision Care	13
Deep Breathing	14
Preventing Blood Clots	14
Postoperative Pain Management	15
Activity, Diet, and Positions	15-17
Driving	17
COMMUNITY DIRECTORY	18
Medical Supply Stores	18
Pharmacies	18
Hotels and Temporary Housing	19
Parking	19
Places to Eat at NYP	19
IMPORTANT CONTACT INFORMATION	20-21
MAPS	22
NOTES	23



WELCOME

Dear Patient,

On behalf of the physicians and staff at Weill Cornell Medicine Center for Comprehensive Spine Care, thank you for partnering with us and trusting us with your care. Millions of people suffer from neck or back pain at some point in their lives. Sometimes this pain can be attributed to trauma, a spinal tumor, or an infection. More often, the pain is chronic, progressive, and unrelenting. This pain often responds to various types of intervention.

The team of physicians, nurses, therapists, and staff at the Weill Cornell Medicine Center for Comprehensive Spine Care provides state-of-the-art, comprehensive, integrated care for patients with back pain and all types of spine-related conditions and injuries. Patients receive a complete continuum of care, from diagnosis to treatment and recovery. When surgery is part of the plan, the spine surgeons from Weill Cornell Medicine's neurosurgery faculty offer world-class surgical expertise in TLIF and other advanced, minimally invasive procedures.

The Center for Comprehensive Spine Care prides itself on a three-part plan for each patient:

Expert, Accurate Diagnosis. Too many people suffer from back or neck pain from unknown causes—or worse, due to a misdiagnosis. Our world-class experts will pinpoint the exact cause of your pain to determine the most effective treatment.

Comprehensive Treatment. Our team approach allows us to draw on expertise from neurology, neurosurgery, rehabilitation medicine, anesthesiology, and physical therapy. After assessing your case, the spine team will tailor a treatment plan that may include physical therapy, medication, interventional pain management, acupuncture, and movement therapies. When surgery is required, we offer the most advanced minimally invasive techniques, including lateral access surgery that dramatically shortens your recovery time. We offer on-site rehabilitation, led by physical therapists whose holistic spine rehabilitation includes therapeutic exercise, manual techniques, yoga, McKenzie technique, and pool therapy.

Patient/Provider Partnership. Patient education is one of the hallmarks of our approach. We consider you our partner in collaboratively planning the most effective and customized approach to restoring you to health.

The information in this booklet is intended to provide a reference to guide you through your surgical experience; it is based on what is typically experienced. It is important for you to remember that you are in charge of your recovery. The sooner you become active, within the activity restrictions recommended by your surgical team, the sooner you may start to return to normal activity. We know that choosing a spine surgeon is a big decision; thank you for choosing our team. We look forward to working with you to ensure the best experience and outcome.

Neurological Surgery
Weill Cornell Medicine Center for Comprehensive Spine Care



About the Weill Cornell Medicine Center for Comprehensive Spine Care

The Weill Cornell Medicine Center for Comprehensive Spine Care has an expertly trained, experienced team of full-time spine surgeons on faculty. We perform more than 1,500 spinal operations per year, most of them using minimally invasive techniques, encompassing all pathologies, age groups, and complexities.

- We serve local, regional, national, and international patients.
- We take an interdisciplinary approach to comprehensive spine care.
- We focus on minimally invasive surgery, computer navigation, complex and deformity spinal surgery.
- Compared to national averages, spine surgery at Weill Cornell Medicine and NewYork-Presbyterian compares favorably in terms of the judicious and sparing use of spinal fusion surgery, length of stay, blood loss, length of surgery, early complications, and patient satisfaction.
- We are at the forefront of basic science research, clinical research, and research trials; our research, combined with our surgical excellence, positions us as a leader in national and international spinal surgery.

Attending Spine Surgeons



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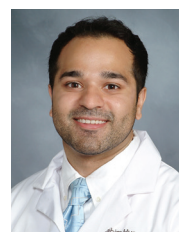
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Advanced Practice Providers

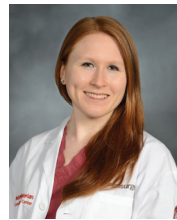
Inpatient



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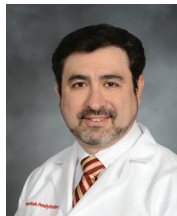
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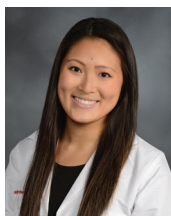
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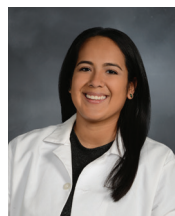
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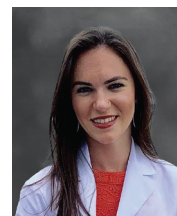
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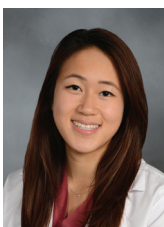
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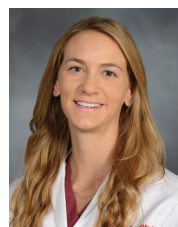
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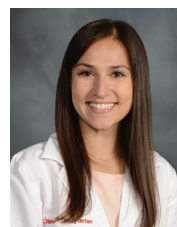
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NEUROLOGICAL SURGERY

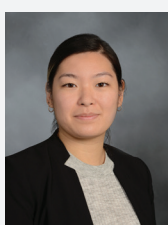
Outpatient



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Nurse Practitioner



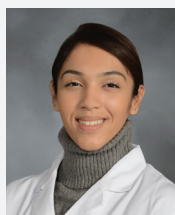
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Registered Nurse



Tiara Valentin, RN
Registered Nurse



During your care at NewYork-Presbyterian Hospital/Weill Cornell Medical Center, you will meet a number of health care professionals who work together as your health care team. You and your family are also an important part of the care team. We encourage you to speak up and let your needs and concerns be known.

Doctors. There may be many doctors involved in your care. In addition to your attending doctor, who is often your personal doctor or the doctor who admitted you, you may be seen by other medical or surgical specialists, as well as fellows or residents. A fellow is a doctor pursuing further training in his or her subspecialty. A resident is a doctor who has completed medical school and is enrolled in a residency training program in a particular specialty. Residents are also referred to as house staff and work under the careful supervision of attending doctors.

Nurses. There may be many nurses involved in your care as well. They work closely with the doctors and other members of the health care team. The Patient Care Director is the nurse who is responsible for the supervision of all nursing care on a particular unit or units. A registered nurse (RN), who is designated as your primary nurse, plans and coordinates your overall nursing care and assigns tasks as appropriate to other members of the nursing team.

Nurse Practitioners (NPs). Nurse practitioners are advanced practice registered nurses who have obtained licensure and certification through additional education and experience who provide care through collaboration with your attending and team. Nurse practitioners may diagnose, treat, and prescribe tests or medications for a patient's condition within their specialty area of practice.

Care Coordinators. Care coordinators are RNs who see that your doctor's orders are carried out appropriately. The care coordinator may ask you questions about your care and medical insurance so that you can receive the appropriate benefits covered under your policy.

Unit Clerks. Unit clerks greet patients and visitors as they arrive on the unit, answer phones, respond to call bells, and schedule tests. They are available to answer your questions and direct you within the unit. If the unit clerk does not know the answer, he or she is responsible for finding the appropriate person on the unit who can help you.

Physician Assistants (PAs). Physician assistants are health professionals who are members of your health care team. Under the supervision of your attending physician, they can deliver a range of medical and surgical services, conduct physical exams, diagnose and treat illnesses, order and interpret tests, counsel on preventive health care, assist in surgery, and prescribe medications.

Social Workers. Social workers help you and your family manage your hospital stay and plan for your return home. The social worker can address the emotional issues that come with being in a hospital, provide patient and family counseling, coordinate discharge planning, and offer information about support groups.

Dietitians. Registered dietitians are also professional members of the health care team. They plan for your dietary and nutritional needs during your hospital stay according to your doctor's orders. If you require a special diet, your dietitian provides you with information and teaches you how to follow the diet before you go home.

Physical Therapists. Physical therapists assess your physical and functional needs and provide you with exercises and programs to help you regain strength, restore your mobility, and improve your ability to do home and work activities in preparation for discharge.

Occupational Therapists. Occupational therapists provide therapy designed to help improve your ability to carry out activities of daily living—such as dressing, bathing, and grooming—following your discharge.

6 Your Guide to Spine Surgery



The Month Before Surgery: Your Checklist

Preoperative Evaluation and Paperwork

- ☐ Schedule a preoperative appointment with your primary care provider, cardiologist, and/or other specialist as determined by your surgical team. The appointment, including pre-testing, labs, and physical exam, must be within 30 days of surgery and must be received no later than 5 business days prior to surgery for review.
- ☐ Please call the surgeon's office to provide the date of the appointment once scheduled.

To ensure that you are in optimal physical condition, your provider will carry out any required diagnostic tests, history and physical exam, and may refer to other specialists if required.

- ☐ Preoperative workup may include laboratory tests, history/physical examination, EKG
- ☐ You may have other evaluations as needed (for example, cardiology, pulmonology, hematology)
- ☐ Complete a 2 page Pre-Procedure Screening Tool and return it to your surgeon's office.
- ☐ Disability and/or FMLA forms can be faxed to your surgeon's office (see page 20 for fax numbers). Please note some forms can only be completed after surgery.

Imaging

- ☐ Provide a copy of your MRI, CT scan, x-ray or other imaging to your surgeon at least one week prior to surgery.
- ☐ If any new imaging is needed, please contact the surgeon's office to arrange.



Insurance

- ☐ To discuss insurance authorization or financial responsibility please contact the surgical coordinator assigned to your surgeon. Usually insurance authorization is initiated about two weeks prior to the surgical date.
- ☐ For any hospital related billing questions: 212-297-4545
- ☐ For anesthesia related billing questions: 212-746-2793
- ☐ For anesthesia related clinical questions: 646-697-0900

Medications

- ☐ Some medications can be harmful during surgery because they increase your risk of bleeding.
Discontinue 7 days prior to surgery:
 - Anti-inflammatories (such as ibuprofen, Advil, Aleve, naproxen, meloxicam, diclofenac)
 - Vitamin E
 - Fish Oil
 - Herbal Supplements
- ☐ If you take arthritis medications, biologic agents, or medication for autoimmune diseases, please discuss with your rheumatologist and surgeon's office to determine if/when these medications must be stopped.
- ☐ If you take medications that contain aspirin or blood thinners (such as warfarin, Plavix, Eliquis, Xarelto), please discuss with your surgical team and cardiologist before stopping or starting these medications.
- ☐ It is important to follow your cardiologist's recommendations exactly, as any variance can put you at increased risk for dangerous complications.
- ☐ Please note that most surgeries can be performed while continuing 81 mg aspirin.
- ☐ You may consider starting a stool softener 2 to 3 days before surgery. One over-the-counter example is Colace, which can be taken 2 to 3 times per day. Ensuring adequate hydration is another way to help decrease your risk for postoperative constipation.
- ☐ Please make 3 copies of your updated medication list to bring to the hospital on the day of surgery.
- ☐ Please call the nurse or nurse practitioner to discuss any medical questions or concerns.

Your Guide to Spine Surgery 7



Your Overall Health Is Important

Surgery can be a cause of stress both physically and mentally. Physical and mental well-being is important and may require lifestyle changes to ensure you are at your absolute best before, during, and after surgery!

Weight Control

- It is up to you to maintain a healthy weight prior to surgery. Being overweight can increase risks of complications (including infection, wound healing problems, readmission, and delayed recovery).
- We know that you are likely experiencing pain, which can make exercise difficult, but speak with your health care providers to identify any modified exercise that might be possible for you.
- Ensuring a balanced diet with portion control is critical! Perhaps seeing a nutritionist might be helpful for you to learn the best way to ensure you are taking in the correct nutrients.

Mental Well-Being

- Your outlook and attitude play a significant role in your experience, recovery, and outcome. Anxieties and worries can often create barriers to healing and successful outcomes. Consider meditation or guided imagery to encourage positive thoughts and healthy, productive coping.
- You may consider seeing a mental health provider who can help you further identify personal barriers to mental well-being, perfect techniques to overcome stressful situations in a healthier, more effective way, and develop healthy coping mechanisms. We work closely with a few mental health care providers and would be happy to provide you with names from which to choose.
- There are also free applications for your smart phone that might be helpful, quick, and easy to use for meditation or guided imagery. Some options (for both iPhone and Android) include HeadSpace, Calm, Omvana, The Mindfulness App, and Stop, Breathe, and Think.

Prepare for Surgery

The Integrative Health and Wellbeing program at NewYork-Presbyterian offers mind-body sessions to help patients prepare for surgery. These mind-body techniques have been shown to reduce anxiety before surgery and reduce the amount of pain medication needed afterward. For more information, visit nyp.org/integrative-health-program

Stop Smoking

The use of nicotine has been linked with an increased risk of complications following surgery.

Resources for smoking cessation:

- New York State Smoker's Quitline: 1-866-NY-QUITS (1-866-697-8487) and nysmokefree.com
- New Jersey Quitline: 1-866-NJSTOPS (657-8677) and njquitline.org
- Quit Now Connecticut: 1-800-QUITNOW (784-8669) and quitnow.net/Connecticut

Home Safety Evaluation

Some important questions to consider or address before surgery:

- Stairs: Are there railings? Do you have stairs to get into or out of your home?
- Having a family member/caregiver present to assist you if needed is highly recommended.
- Prepare the home: Remove throw rugs, cords, or other obstacles from the floor to allow for easy and safe walking.
- Avoid step stools and ladders after discharge. Place necessary items in cabinets or dressers at a level that you can easily reach (not too high/not too low).
- Grocery shopping/meal prep/planning for after discharge
- Assistive Devices: If there are any assistive device needs identified after surgery while in the hospital, the inpatient team will help coordinate obtaining these. Usually, there are not any devices to purchase before surgery.

8 Your Guide to Spine Surgery



Family Member/Caregiver Support

- Who is your main contact person?
 - The surgeon will speak to a designated family member or friend after the procedure is complete. If this person needs to be called, please provide phone number to surgeon prior to surgery.
 - Due to the Federal Health Insurance Portability and Accountability Act (HIPAA), hospital staff cannot give health information to multiple people over the phone.
- Escort upon discharge: You will need an adult to escort you home after your procedure. Without an adult to accompany you, your discharge may be delayed. It's important to ensure you make it home safely!
- It is important to have a family member, close friend, or caregiver to assist in preparation for surgery and throughout recovery. The following are areas that this person can be helpful:
 - Transportation to and from the hospital—it is best to plan transportation ahead of time
 - Providing support and assistance around home during the first week after discharge

Private Room

For surgeries that require solely a one-night stay, most patients spend the night on a special unit, which has the benefit of private room. However, if you would like to place a request to ensure a private room is reserved in advance, please call 212-746-4259 to discuss options and finances. There is no guarantee of a private room unless you speak with Admitting *prior* to your admission date.

Private Duty Nursing

If you would like a Private Duty Nurse or Companion, you can call 212-746-4091. Private duty services are provided by an independent contractor who will expect payment prior to the service and are not included in the hospital charges.

MyChart

Please sign up for Weill Cornell Connect/MyChart, which will allow you online access to some of your medical records and to send secure messages to your health care team. Visit: mychart.med.cornell.edu/mychart



The Day Before Surgery

Preoperative Phone Call

- An OR nurse will call you the business day before surgery to confirm your procedure and arrival time.
 - During this call, you will also be reminded of the following instructions:
 - DO NOT eat any solid food (including candy or mints) after midnight on the day of your surgery.
 - YOU MAY drink up to 8 ounces of clear liquids on the day of surgery, up to 2 hours before your hospital arrival time.*
 - OK: water, sports drinks, apple juice, black coffee/tea (no cream or milk)
 - NO: milk, cream, alcohol, or drinks you cannot see through (for example, orange juice)
- *If you have any history of delayed gastric emptying, please do NOT eat or drink anything after midnight the night before surgery.*
- Take all of your usual medications with a sip of water prior to coming to the hospital, unless instructed otherwise.

If you do not receive a phone call by 4 pm, please call 212-746-5299 if you are scheduled for surgery in Greenberg 3 West.



What to Bring to the Hospital: Important Checklist

Bring:

- ☐ Advance directives
- ☐ Complete list of current medications
- ☐ List of allergies
- ☐ Emergency Contact Information, including phone number
- ☐ CPAP machine, inhalers, eye drops, all Parkinson's medications, and any brand-name medication for which you would not want a generic substitute.*
- ☐ Wear loose-fitting, comfortable clothing
- ☐ A change of clothes to wear home
- ☐ Insurance card/information
- ☐ Eyeglass, dentures or hearing aids, any assistive devices you use (for example, a walker or cane). Please ensure all are labelled.

**If you are bringing medications, please bring them in the original bottles with original labels so that the hospital pharmacy can approve them to be utilized during your hospitalization—do NOT bring medications unlabeled or in a daily pill organizer.*

Do NOT Bring:

- ☐ Valuables
- ☐ Medications from home (except inhalers or eye drops if needed)
- ☐ Electrical devices (such as hairdryers and heating pads)

The Day of Surgery: Check-In

Arrive at 525 E 68th Street and check in at Greenberg 3 West. (For information about parking, see page 19.)

- Family members/caregivers are allowed to stay with you during this time.
- Following check-in, you will begin meeting with members of care team, including your surgeon, anesthesiologist, and nurses.



For Your Safety

Verification: Prior to surgery, you will frequently be asked your name, date of birth, and what procedure you are having done.

Medication Reconciliation: Please be prepared to discuss your current medications including name, dosage, how often you take them, and when the last dose was taken.

Infection Prevention

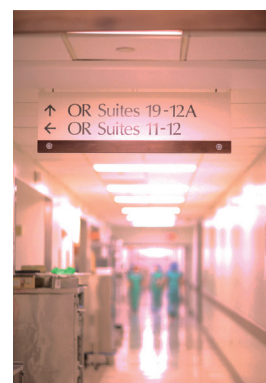
You will be given an antibiotic before surgery; this will be continued for as long as the surgeon feels it is necessary. Handwashing and proper hygiene is strongly encouraged to decrease risk of infection as well as avoiding people with a cough, cold, fever, or other illness.



About Anesthesia

The Division of Neurosurgical Anesthesiology consists of 10 faculty members. We are an experienced team that has excellent collaborative relationships with the neurosurgeons, neuroradiologists, neurophysiologists, and nurses with whom we work on a daily basis.

We are experts in the care of patients suffering from a variety of neurologic disorders, including spine problems. We care for both minor and major spinal surgical patients. Whether a patient needs a vertebroplasty, an excision of a herniated disk, a laminectomy, a multilevel spinal fusion, or placement of spinal cord stimulators, we tailor our anesthetic not only to ensure patient comfort and safety but also to facilitate the use of the latest technology in the monitoring of spinal cord function. We also have been at the forefront of developing sedation and pain relief protocols for patients undergoing spine surgery.



The Division works closely with the division of Pain Medicine (painmedicine.weillcornell.org) and the Pre-Anesthesia Evaluation Clinic (anesthesiology.weill.cornell.edu/for-patients/what-to-expect).

The Pain Team consists of board-certified physicians and fully trained staff, and they deliver comprehensive, multidisciplinary care for individuals with acute, chronic, and cancer-related pain.

The Pre-Anesthesia Evaluation Clinic provides consultation services to patients scheduled for elective surgery. Located on the 9th floor of the David H. Koch Center at 1283 York Avenue (at 68th Street), this unit is staffed from 8 am to 5 pm, Monday through Friday. Patients are seen by appointment.

Anesthesia and Pain Management

The Enhanced Recovery After Surgery (ERAS) pathway is an evidence based model developed by our neurosurgery, pain management and anesthesia teams. Our goal is to minimize stress on your body throughout the surgical process to shorten your recovery time. There are three main parts to this pathway: 1) early mobilization, 2) nutritional support, and 3) multimodal pain control that minimizes the use of opioids. This process begins prior to your arrival to the hospital and continues throughout your hospital stay and even after you have returned home. The ERAS pathway can be customized for each patient. Based on your medical history and proposed surgery we may refer you to our pain management specialists before your surgery to create a plan tailored to your specific needs. There may be other therapies offered to help with your pain during your hospital course.

Pre-operative

Drink Gatorade or Clear Fast prior to hospital arrival (unless there is a contraindication that was discussed with your provider). Upon arrival to the hospital, you will receive 3 oral medications to help with post-operative pain (Tylenol, Gabapentin and Celecoxib, unless there is a medical contraindication that was discussed with your provider)

Intra-operative

During surgery, the anesthesia team will provide manage body temperature and administer intravenous (IV) steroids and IV opioids for pain control. You will also be given IV anti-nausea medication to help prevent nausea/vomiting after surgery.

Post-operative

See page 15



Recovery Room/PACU

After surgery you will be closely monitored in the Post-Anesthesia Care Unit (PACU), also called the Recovery Room as the anesthesia wears off and you wake up. You are expected to stay in the PACU under the care of your surgical team, specially trained nurses and staff until you are stable and a room is available for you. Or, if you are having an ambulatory procedure, until you are stable for discharge.

Transfer to Your Room

If you are admitted to the hospital, as soon as a bed becomes available you will be transferred to your room and will continue your recovery process there until discharge.

What to Expect During Your Hospital Stay

During your hospital stay, you will be cared for by the neurosurgery team under the direction of the surgeon. This team includes nurses, nurse practitioners, physician assistants, surgery residents, anesthesiologists; it may also include physical therapists, occupational therapists, social workers, care coordinators, nutrition and custodial staff, and volunteers.

Your daily schedule while in the hospital may be similar to this:

- Early morning: your medical team will awaken and examine you to make sure that you are recovering properly from anesthesia and surgery. This will be brief.
- Morning: your medical team will speak to you about your daily goals and will update you on the plans for discharge. Any member of your team may be asked to come back to speak with you privately upon your request if you have concerns.
- Late morning: if you are being discharged, instructions and prescriptions will be reviewed with you. Discharge is generally around 10 am.
- Early afternoon: your medical team will re-examine you to ensure you are making progress.

We will strive to meet all your needs, and we welcome your input. Please let the medical team know if you have questions.

Visiting Hours

In general, visiting hours are from 9 am to 9 pm. However, visiting hours can vary according to the location, condition, and needs of the patient. Please look for signs indicating special visiting hours on a particular unit, or ask the nursing staff on that unit. Our staff will work with patients and families, especially those in a room with two beds, to allow patients time to rest and sleep.

Discharge Planning

Discharge planning begins early in your hospital stay. There are a few discharge options that are the most common, including but not limited to the following:

- Home, with or without home care services
- Rehabilitation (Acute or Subacute)

If home care services or inpatient rehabilitation is indicated, the inpatient rehabilitation team will evaluate you after surgery. Based on their findings, they will provide a recommendation in collaboration with your surgeon's team for to ensure a safe discharge. The social worker and discharge planning team will work to provide options within the recommendation. They will work together with you and the team to carry out the discharge plan; they may assist in arranging transportation, rehab services, assistive devices as medically indicated. If possible, these services and devices may be processed through your insurance.



Postoperative Appointment

Upon discharge from the hospital, please call your surgeon's office to schedule your first postoperative visit. It is usually about 2 to 4 weeks after surgery but may vary based on your specific case.

Incision Care

IMPORTANT NOTE: If a plastic surgeon was involved in your surgery, all incision instructions will be provided by the plastic surgery service. In that case, please disregard the instructions below and contact your plastic surgeon.

The Basics

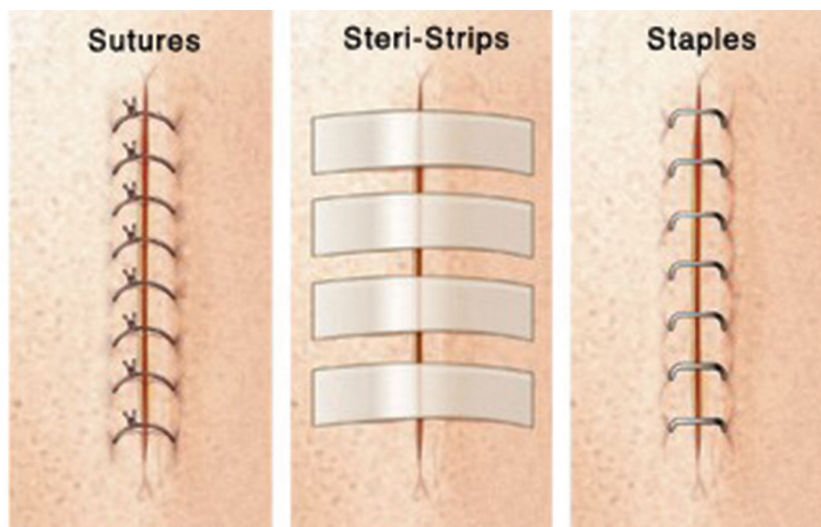
- DO NOT apply bandages, lotions, or ointments to the surgical wound.
- DO NOT scratch or scrub the wound.
- DO keep the incision clean and dry.

Showering After Surgery

- You will be instructed on which postoperative day you can remove the dressing and shower with the incision exposed. It usually ranges from 3 to 5 days after surgery.
- At that time remove the dressing, let soap and water run over the incision daily, and pat dry with a clean towel.
- DO NOT submerge in water (pool, tub) until you are cleared to do so at your postoperative appointment. Usually it is recommended to avoid submerging the incision area for 2 to 4 weeks postoperatively or until well healed.
- If there are drains, incision opening, or scabs this time frame may be extended.

Sutures/Staples/Drains

- If there are staples or sutures used to close your incision, they will be removed by the PA or NP at your two-week postoperative appointment.
- If external sutures or staples are not used, the skin is closed with internal melting sutures, glue, and steri-strips (small white paper strips) are used to close the incision. It is okay to get the steri-strips wet during showering once the dressing is removed.
- If you were discharged with drains in place, please keep a daily log of drainage amount to be reviewed at your first postoperative visit with the plastic surgeon.



Deep Breathing

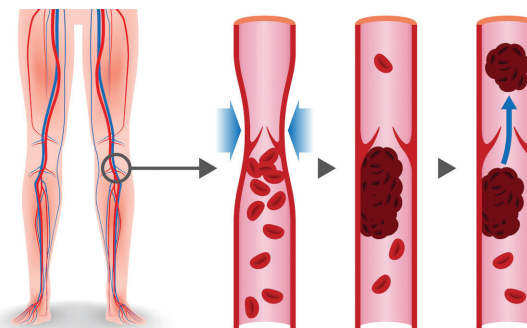
Your surgical team will encourage deep breathing following surgery. Sometimes this requires the use of a device called an incentive spirometer (example pictured at right). If you are instructed to use this device, please follow the directions and frequency exactly. This is very important in ensuring your lungs are inflating properly to prevent any fluid collection in the lungs postoperatively.

If you receive an incentive spirometer in the hospital, please take it home or to rehab to use for the first two weeks after surgery.



Preventing Blood Clots/Deep Vein Thrombosis

Deep vein thrombosis (DVT) is a blood clot in a deep vein in your leg. DVT can happen when your blood is flowing slowly because of illness, surgery, or just being in the hospital. DVT can cause leg swelling. DVT can also break off and go to the lung (pulmonary embolism or PE). Blood clots that go to the lung can make it hard to breathe and are one of the most serious complications after surgery.

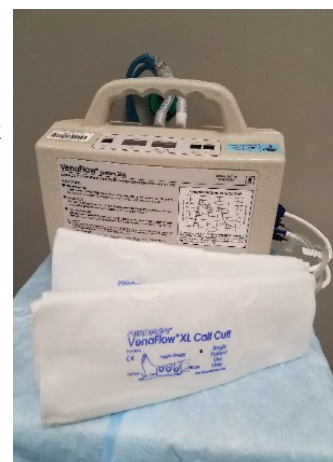


One way you can decrease your risk for blood clots following surgery is by changing position at least every 45 to 60 minutes, avoiding prolonged sitting, and getting up and walking early and regularly.

Compression systems like the one shown at right are also used to prevent DVT. A sequential compression device (SCD) consists of soft sleeves that wrap around the lower legs and inflate with air to massage the legs. This gentle off-and-on squeezing helps blood flow smoothly and decreases risk for DVT.

SCDs are ordered by your doctor and are part of your treatment after surgery. Your nurse will help set up your SCDs. You should wear your SCDs any time you are in bed. Take them off before moving to a chair, or while walking or bathing.

If you feel pain or “pins and needles” in your legs, tell your nurse right away, as this could be a sign of DVT.





Postoperative Pain Management

As part of the ERAS pathway, pain will be controlled with IV and oral pain medications.

- Depending on the type of surgery you have, you may receive a patient-controlled analgesia (PCA) pump with an IV opioid medication. Your nurse will teach you how to use this; you will be able to press a button for the delivery of pain medication as needed, up to a certain dose. The goal is to wean off of the PCA and transition to oral pain medications on postoperative day 1.
- If you are not eligible for a PCA based on the type of surgery you had, you will receive IV opioid medications immediately postoperatively, but the mainstay of your pain regimen will be oral medications (Tylenol, muscle spasm medication, opioid medication, neuropathic medication, +/- IV non-steroidal anti-inflammatory, +/- IV steroid)
- Pain medications will be prescribed to take as needed. Wean these medication as tolerated.
- Be sure to follow bowel regimen including stool softeners and laxatives while taking this medication. Ensure adequate oral hydration and fiber intake as tolerated.
- It may take up to a week after general anesthesia to resume normal bowel movements.
- If you develop any abdominal pain, nausea, or vomiting call the office immediately.
- Muscle relaxers may be prescribed for muscle tension and spasm. Please take as directed and wean as tolerated.
- To help ease discomfort, you may apply a heating pad or ice as needed 20 minutes on, 20 minutes off. Avoid applying directly to skin. To avoid any skin damage place a towel or cloth between your skin and the heating pad or ice.
- Nerve medications: If you were taking medications like gabapentin, Neurontin, or Lyrica PRIOR to surgery, please continue your preoperative dose after surgery. These medications are usually continued for 1 to 2 months after surgery and should be weaned off under medical supervision. These medications must be taken consistently and are NOT to be taken as needed; do not stop medication suddenly without speaking to your provider first.
- If you already have a pain management provider, postoperative follow-up will be imperative with that provider so that they may prescribe your pain medications as appropriate for you.
- Occasionally, pain medications are required for longer than 6 weeks postoperatively. If that is the case, you may be referred to a pain management provider.

Activity and Diet

As part of the ERAS pathway, you will be out of bed starting the evening of surgery. Walk frequently and as much as tolerated. This is a very important aspect of recovery!

- The goal is to work towards one hour per day. Start with short frequent walks and plan for frequent rest.
- Start with short frequent walks and gradually increase the duration and frequency of your walks as tolerated.
- Restrictions are effective immediately after surgery for at least six weeks:
 - Avoid bending or twisting at the waist/neck.
 - Avoid lifting more than ten pounds.
 - Avoid sitting for longer than 60 minutes consecutively. Stand every 30 to 60 minutes for at least a short walk.
 - Listen to your body and respect your limits, which may change day to day.
- If a brace or collar is recommended, wear as instructed by your healthcare team. If you have concerns about the fit of your collar or brace, please call the brace shop at 212-606-1262.
- Please speak with your surgical team regarding physical therapy.
- Your diet will progress from liquids immediately after surgery to your regular diet as you are able to tolerate.



YOUR ACTIVITY AFTER SPINE SURGERY*



- Walk every day; short frequent walks working toward goal of 1 hour total per day, indoors or outdoors if safe for you
- Walking on treadmill OK
- May start physical therapy for extremity strengthening if recommended
- NO lifting more than 10 pounds
- NO repetitive twisting, turning, bending at the waist/neck

- May resume low-intensity exercise on elliptical, stationary recumbent bicycle, or swimming if you were doing this prior to surgery. Start slow, increase in moderation as tolerated
- May start/continue physical therapy for extremity strengthening if indicated
- NO lifting more than 10 pounds
- NO repetitive twisting, turning, bending at the waist/neck

- Continue to walk everyday

- May start unrestricted physical therapy with a focus on core and extremity strengthening
- OK to start resuming normal activity—start slow and increase in moderation as tolerated
- Continue to walk everyday

- Normal activity as tolerated
- May continue physical therapy as needed
- Focus on core strengthening
- Continue to walk everyday

**Restrictions may vary by patient or surgery performed. Review with your medical provider.*

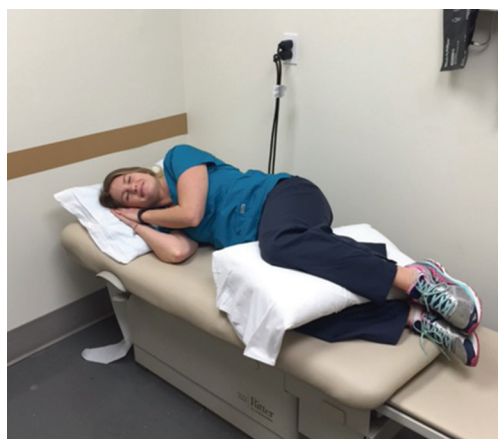
Sleeping Positions

You may sleep in any position that is comfortable for you. Here are some suggestions that you may find helpful (but remember they are merely suggestions!)



On Your Back

Place a pillow under your head and another pillow under your knees.



On Your Side

Place a pillow under your head and another pillow between your knees.



Proper Sitting Position

- Ensure feet are supported on the floor.
- The spine should be supported—a pillow may be helpful.
- Change positions frequently throughout the day.



Moving In and Out of Bed: “Log Rolling” Technique



1. Bend your knees.



2. Roll to one side.



3. Use your arms to push yourself up.

Carrying Objects

- Hold items close to your body.
- Bend with your hips and knees instead of your back.

Remember:

Avoid lifting more than 10 pounds for at least the first six weeks!



Driving

- You may ride as a passenger when you feel ready. Start with short distances and see how you feel.
- If a longer trip is necessary, plan for frequent (every 30 to 60 minutes) breaks to stop and walk around. This will help prevent muscle fatigue or soreness and also help prevent blood clots.
- Driving is generally permitted about 4 to 6 weeks after surgery and once you are no longer taking any pain medications.



Medical Supply Stores

MANHATTAN

HealthSource Pharmacy and Surgical Supplies
1302 2nd Avenue, New York, NY 10065
Phone: 212-794-8700

Falk Surgical Supplies
1167 1st Avenue, New York, NY 10065
Phone: 212-744-8080

NuCare Pharmacy & Surgical
1789 1st Avenue, New York, NY 10128
Phone: 212-426-9300
AND
250 9th Avenue, New York, NY 10001
Phone: 212-462-2525

Chelsea Mobility & Medical Equipment
327 8th Avenue, New York, NY 10001
Phone: 212-255-5522

QUEENS

Brand Medical Supplies Inc
6637 Myrtle Avenue, Glendale, NY 11385
Phone: 718-381-4700

Jones Surgical Co., LLC
101-21 Metropolitan Avenue, Forest Hills, NY 11375
Phone: 718-261-9500

J & K Surgical & Medical Supplies Corporation
15823 Horace Harding Expy, Flushing, NY 11365
Phone: 718-358-6897

Pharmacies

Walgreens Pharmacy
525 East 68th Street (in NYP)
Suite F01-170
212-249-6451

CVS
1172 3rd Avenue
212-988-8319

BROOKLYN

Medical Supply 123
798 McDonald Avenue, Brooklyn, NY 11218
Phone: 718-431-0521

H & J Medical Supply
2360 65th Street, Brooklyn, NY 11204
Phone: 718-236-0707

BRONX

A&G Medical Supply
1040 Morris Park Avenue, Bronx, NY 10461
Phone: 718-823-4700

Medstop Pharmacy & Surgical Supplies
1330 Jerome Avenue, Bronx, NY 10452
Phone: 718-552-2278

Triumph Medical Supply LLC
1506 Castle Hill Avenue, Bronx, NY 10462
Phone: 347-810-6787

Goldberger's Pharmacy
1200 1st Avenue
212-734-6998

Tower Chemists Pharmacy
1292 1st Avenue
212-628-1900



Hotels & Temporary Housing

Affinia Gardens Hotel
215 East 64th Street
Ph: 212-355-1230
Fax: 212-758-7858

The Benjamin
125 East 50th Street
Ph: 212-715-2500
Ph: 212-320-8002
Fax: 212-715-2525

The Bentley
500 East 62nd Street
Ph: 212-644-6000
Fax: 212-207-4800

Comfort Inn Central Park West
31 West 71st Street
Ph: 212-721-4770

Comfort Inn Midtown
129 West 46th Street
Ph: 212-221-2600

Doubletree Metropolitan Hotel
569 Lexington Avenue
Ph: 212-752-7000
Fax: 212-758-6311

Drake Hotel
440 Park Avenue
Ph: 212-420-0900
Fax: 212-371-4190

Fitzpatrick Hotel
687 Lexington Avenue
Ph: 212-355-0100
Fax: 212-308-5166

Franklin Hotel
164 East 87th Street
Ph: 212-369-100
Fax: 212-369-8000

The Gracie Inn
502 East 81st Street
Ph: 212-528-1700
Fax: 212-628-6420

Habitat Hotel
130 East 57th St
Ph: 212-753-8841

Helmsley Guest Facility
NewYork-Presbyterian
1320 York Avenue
Ph: 212-472-8400
Fax: 212-535-8524

New York Marriott East Side
525 Lexington Avenue
Ph: 212-755-4000
Fax: 212-751-3440

Parking

The Greenberg Pavilion Garage
525 East 68th Street
212-746-2015

Helmsley Medical Tower Garage
507 East 70th Street
212-746-1974

Laurence G. Payson House Garage
426 East 71st Street
212-746-1977

The Phipps House Garage
1285 York Avenue
212-746-1979

Places to Eat at NYP

The Garden Café
212-746-6368
Monday through Friday, 6 am to 8 pm
Saturday and Sunday, 7 am to 8 pm
“B” Level of the main hospital building

Au Bon Pain
Main Lobby: 24 hours a day/7 days a week
Starr Pavilion Lobby: M-F, 7 am to 3 pm
Perelman Heart Center Atrium, 4th Floor Greenberg:
M-F, 7 am to 7 pm

Neurosurgery Team

Dr. Roger Härtl
Office: 212-746-2152
Fax: 212-746-8387
Nurse Practitioner: Rebecca Cramer
Surgical Coordinator: Alba Briceño
Office: 646-962-9755
Fax: 646-962-0117

Dr. Kai-Ming Fu
Office: 212-746-2260
Fax: 212-746-8387
Nurse Practitioner: Edward Butler
Surgical Coordinator: Marlenny Santos
Office: 646-962-9754
Fax: 646-962-0117

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Fax: 646-962-0640
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Fax: 646-962-0117

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888-922-2257
Fax: 212-746-8387

Dr. K. Daniel Riew
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Fax: 646-962-0118
Clinical Nurse Navigator: Jenny Lam
Surgical Coordinator: Jerelyn Sosa
Office: 646-962-4099
Fax: 646-962-0117

Dr. Michael Virk
Office: 646-962-3388
Fax: 646-962-0117
Nurse Practitioner: Shilpa Nilavarath
Surgical Coordinator:
Chantel Sanchez-Sague
Phone: 646-962-9771
Fax: 646-962-0117

Dr. Lynn McGrath, Jr.
Office: 888-922-2257 Option 5
Fax: 646-962-0640
Surgical Coordinator: Alba Briceño
Office: 646-962-9755
Fax: 646-962-0117

Dr. Paul Park
888-922-2257
Fax: 212-746-8387

Weill Cornell Medicine Center for Comprehensive Spine Care
888-922-2257



Hospital Numbers

Anesthesia questions: 212-746-3885

Gift Shop: 212-746-4230
Monday through Friday 7:30 am to 9 pm
Saturday and Sunday 9 am to 9 pm

Hospital billing questions:
212-297-4545

Information Desk: 212-746-4690
Monday through Friday 7:30 am to 8 pm
Saturday, Sunday & Holidays,
8 am to 8 pm

International Services:
212-746-4455

Medical Records: 212-746-0530

Patient Services Administration:
212-746-4293

Pastoral Care: 212-746-6971

Private Room—Admitting:
212-746-4250

Private Duty Nursing: 212-746-4091

24-hour Emergency On-Call Chaplain
212-746-5100, pager # 17205

Pet Therapy: 212-746-4690

IMPORTANT CONTACT INFORMATION

Nursing Station Phone Numbers

Greenberg 2 North 212-746-0335
Greenberg 2 South 212-746-0334
Greenberg 2 West 212-746-0317
Greenberg 2 SW: 212-746-0344
Neuroscience Intensive Care Unit (ICU)

Greenberg 4 Central 212-746-0322
Greenberg 4 North 212-746-0320
Greenberg 4 South 212-746-0323
Greenberg 4 West 212-746-0399
Greenberg 5 Central 212-746-0313
Greenberg 5 North 212-746-0314
Greenberg 5 West 212-746-0312
Greenberg 5 South: 212-746-0311
Intensive Care Unit (ICU)

Greenberg 6 Central 212-746-0310
Greenberg 6 North 212-746-0309
Greenberg 6 South: 212-746-0308
Pediatric Intensive Care Unit (PICU)

Greenberg 6 West: 212-746-0318
Neonatal Intensive Care Unit (NICU)

Payson 2 212-746-5342
Greenberg 7 Central 212-746-0303
Greenberg 7 North 212-746-0301
Greenberg 7 South 212-746-0306
Greenberg 7 West 212-746-0315
Greenberg 8 Central 212-746-0325
Greenberg 8 North 212-746-0326
Greenberg 8 South 212-746-0327
Greenberg 8 West 212-746-0328
Greenberg 10 Central 212-746-0329
Greenberg 10 North 212-746-3625
Greenberg 10 South 212-746-0330
Greenberg 10 West 212-746-0573
Greenberg 11 North 212-746-0331
Greenberg 11 South 212-746-0332
Greenberg 14 North 212-746-9814
Greenberg 14 South 212-746-9815
Baker 15 212-746-7884
Baker 17 212-746-1411
Greenberg 2 North: 212-746-5333
Dialysis

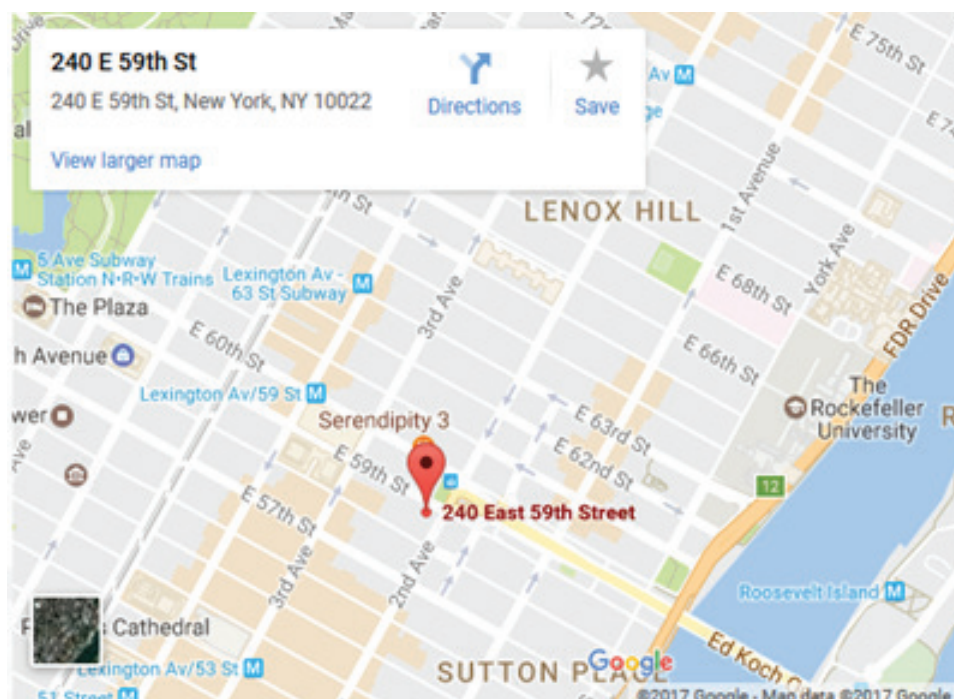
M-2: 212-746-9877
Interventional Neuroradiology

NewYork-Presbyterian Hospital/Weill Cornell Medical Center



- Legend**
- ▲ Visitor's Entrance
 - ♿ Accessible Entrance
 - ✚ Emergency
 - i Information Desk
 - P Visitor Parking
 - 6 Subway Entrance
 - 🚌 Bus
- Elevators**
- G Greenberg Pavilion
 - ST Starr Pavilion, J Corridor & L Corridor
 - K K Wing & F Wing, floors 2-9
 - F Baker Pavilion / F Wing, floors 9-24
 - H Baker Pavilion / F Wing, floors 9-23
 - P Payson Pavilion
 - W Whitney Pavilion
 - M M Wing
 - N N Wing
- Additional Medical Offices**
- Weill Cornell Medical Assoc. Eastside
201 East 80th Street
 - Weill Cornell Medical Assoc. Westside
12 West 72nd Street
 - Iris Cantor Women's Health Center
425 East 61st Street
 - Weill Cornell Imaging at NewYork-Presbyterian
416 East 55th Street
425 East 61st Street, 9th Floor
520 East 70th Street, lobby level
1305 York Avenue, 3rd Floor
- Hospital Information:**
212 746 5454

Center for Comprehensive Spine Care



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Weill Cornell Medicine

Center for Comprehensive Spine Care

240 East 59th Street, 2nd Floor
New York, NY 10022
888-922-2257
comprehensivespine.weillcornell.org

New York-Presbyterian

Och Spine

525 East 68th Street (at York Avenue)
New York, NY 10065
212-746-5454
www.nyp.org/ochspine

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Dr. Paul Park
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