

# DISC Surgery Center at Palm Beach

## Your Guide to Preparing for Spine Surgery

### What You Need to Know

Preparing for surgery often comes with questions. This guide is designed to help you understand what to expect before, during, and after your outpatient procedure at DISC Surgery Center.

The information below outlines general preparation steps. Your surgeon may provide additional or different instructions specific to your procedure. Always follow your surgeon's guidance.

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### Scheduling Your Surgery

Before scheduling surgery, you will have met with your physician to discuss your diagnosis and treatment options. If you decide to proceed with surgery, contact your physician's office to schedule a date.

If you have additional questions about your procedure, discuss them directly with your surgeon.

### Insurance & Financial Planning

It is important to verify your insurance coverage prior to surgery. You may contact your insurance provider to confirm benefits and out-of-pocket responsibility.

DISC Surgery Center can assist in providing information regarding facility charges and insurance participation. Physicians, anesthesia providers, and other professionals may bill separately for their services.

You may also request a personalized estimate of anticipated facility charges.

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## Patient Registration

Prior to surgery, you will be asked to complete your patient registration through One Medical Passport.

Please ensure you have:

- Confirmed your surgery date
- Verified insurance coverage
- Completed required registration forms

If you have questions about registration, contact our office.

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## Preparing for Surgery

After your surgery is scheduled, you will receive additional instructions regarding next steps.

### Medications

Provide a complete list of all medications you are currently taking, including:

- Prescription medications
- Over-the-counter medications
- Vitamins and supplements

Certain medications may need to be stopped prior to surgery. Your physician's office will review this with you.

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## Preoperative Clearance

Most patients require preoperative medical clearance prior to surgery. This may include:

- Medical history and physical examination
- Laboratory testing
- EKG

Clearance must typically be completed within a specified timeframe before surgery. Your physician's office will provide guidance.

Some patients may require additional clearance from specialists, such as a cardiologist, depending on their medical history.

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## Planning for Recovery

Your surgeon will discuss what to expect after your procedure, including activity limitations and recovery guidelines.

Before surgery, you may need to:

- Arrange transportation home
  - Arrange for assistance during the initial recovery period
  - Obtain prescribed postoperative medications
  - Obtain any recommended assistive devices
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## Health Optimization Before Surgery

Leading up to surgery:

- Follow your physician's instructions
- Maintain a balanced diet
- Stay hydrated
- Get adequate rest

If you smoke, speak with your physician about recommendations prior to surgery.

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## The Night Before Surgery

On the evening before your procedure:

- Shower with the antibacterial wash provided or recommended (such as Hibiclens, if instructed)
- Do not shave near the surgical site
- Follow fasting instructions provided by your physician or anesthesia team

Unless otherwise instructed, do not eat or drink after midnight prior to surgery.

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## The Morning of Surgery

On the day of your procedure:

- Continue fasting as instructed
- Wear loose, comfortable clothing
- Do not wear makeup, lotions, perfumes, or jewelry
- Leave valuables at home
- Bring photo identification and insurance information

You may bring reading material or music for use while waiting.

A responsible adult must accompany you and drive you home after your procedure.

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## At the Surgery Center

Please arrive at your scheduled check-in time.

Upon arrival:

- You will be checked in
- A nurse will review your information
- Your vital signs will be taken
- An IV may be started

- You will meet with members of your care team, including anesthesia personnel and your surgeon

Your surgeon and anesthesia provider will review the procedure plan and answer final questions before surgery.

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## Important Reminder

This guide provides general information about preparing for surgery at DISC Surgery Center. It does not replace medical advice from your physician.

Always follow the specific instructions provided by your surgeon and care team.

If you have questions before your procedure, please contact your physician's office or the surgery center directly.

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