

Spine Surgery Guidebook

AdventHealth Medical Group Spine Health at Altamonte Springs



Welcome

I am pleased that you have placed your trust in us at AdventHealth Medical Group Spine Health.

Our care team provides a compassionate environment which assists in whole-person healing: mind, body and spirit. You have chosen a world-class program with a team that will guide you through your pre-op planning, surgical procedure, post-op recovery and follow-up.

In your surgery handbook, you will find all the information you need regarding your treatment. We have included a surgical diary for you to document your recovery, as well as a journal for your coach to assist in your healing.

If at any time you have questions about the treatment process, please do not hesitate to ask one of our team members. We want to offer a safe and friendly environment where all of our patients' needs are met.

I look forward to overseeing your recovery and helping you get back to the activities that you love.

Sincerely,



Dr. Chetan Patel

Medical Director
AdventHealth Medical Group Spine Health

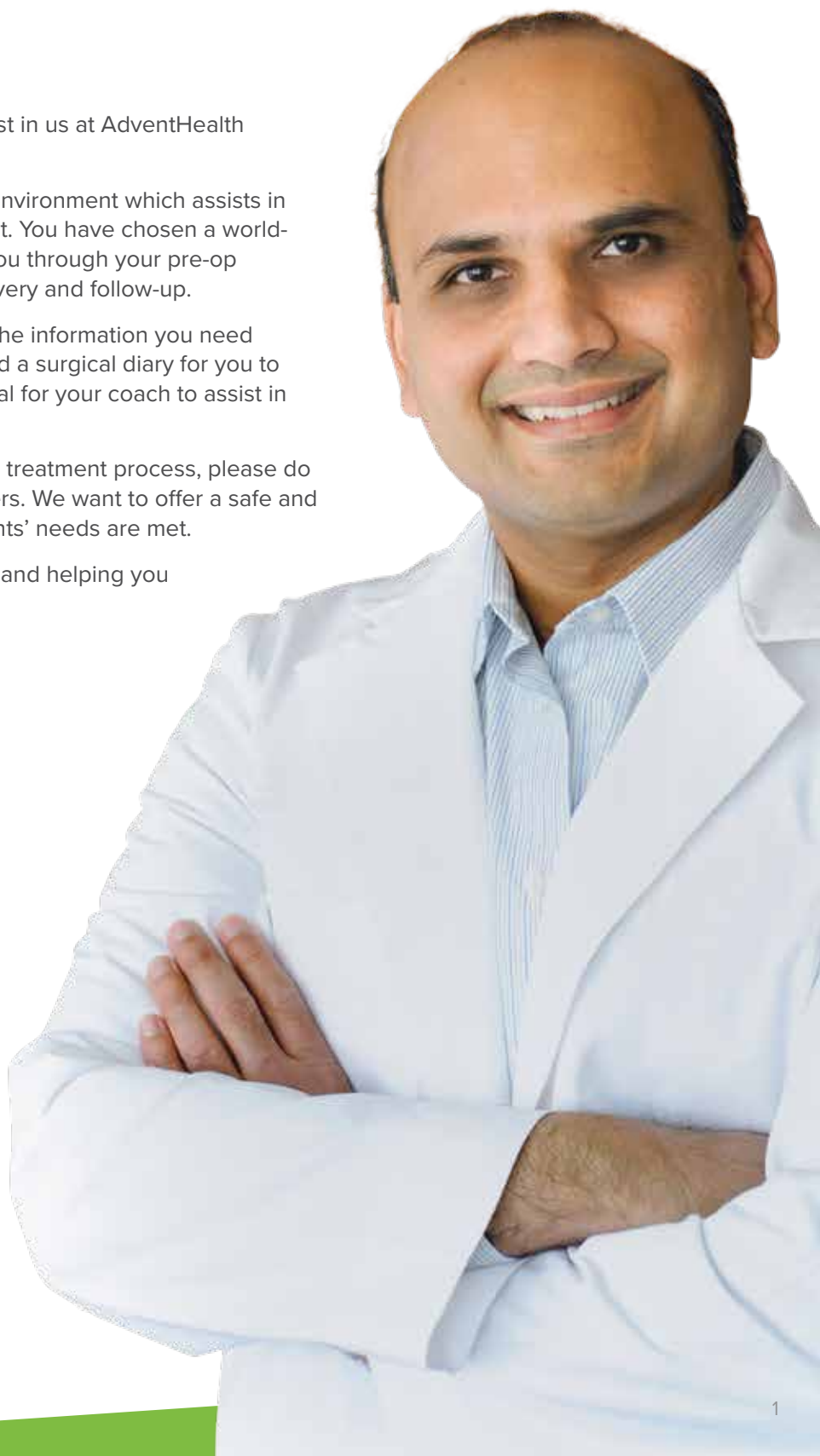


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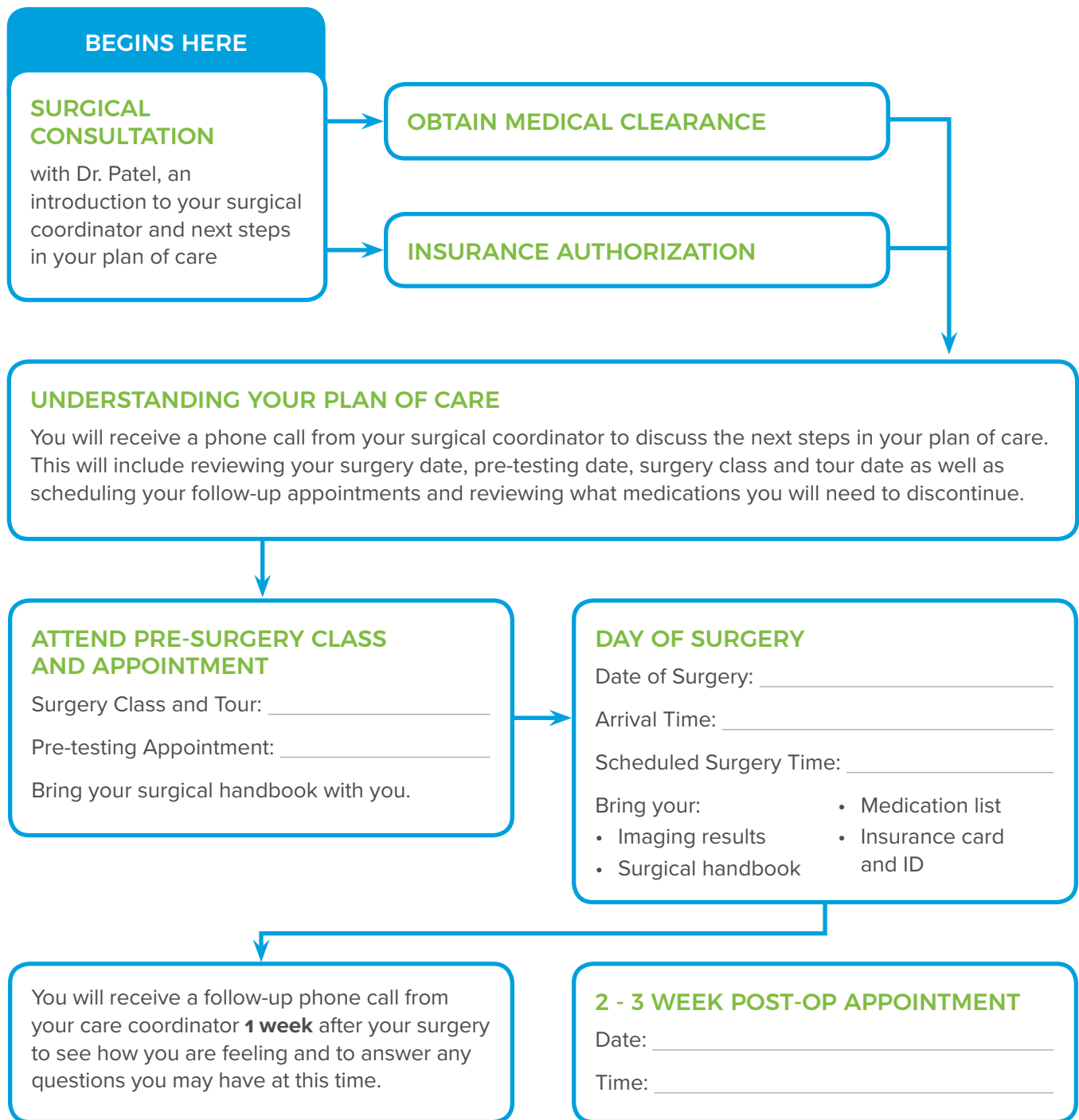
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Your Plan of Care



**If you have any questions or concerns, please call
AdventHealth Medical Group Spine Health at 407-303-5452.**

Meet Your Team



Chetan Patel, MD

Chetan Patel, MD, is an internationally renowned, board-certified spine surgeon who has taught minimally invasive and other spine surgical techniques to hundreds of spine surgeons internationally and domestically. His research efforts involve developing new surgical implants, tools and techniques that advance the limits of what spine surgery can accomplish today. He is the Chairman of the Navigation and Robotics section of the North American Spine Society (NASS).



Tara Batz, PA-C

Tara Batz, PA-C, is a certified physician assistant at AdventHealth Medical Group's Spine Health practice in Altamonte Springs. She graduated from the University of North Carolina at Wilmington with high honors in biology and earned her professional degree in physician assistant studies at the University of Medicine and Dentistry of New Jersey – now known as Rutgers Biomedical and Health Sciences. With a deep understanding of the complexity of spinal conditions and treatment strategies, Tara's primary goal is to educate patients, so they can make appropriate decisions about their care. She also assists Dr. Chetan Patel in the operating room on all surgical cases. She is accredited by

the National Commission on Certification of Physician Assistants and is active with the American Academy of Physician Assistants, the Florida Academy of Physician Assistants and the Association of Neurosurgical Physician Assistants.





Meet Your Team

Surgical Care Coordinator

The surgical care coordinator will be your navigator and point of contact throughout the entire surgery process. They will act as a liaison between you and the physician as well as the rest of your team of health care providers, and thoroughly communicate questions and concerns. Their goal is to ensure your experience is world-class.

Nurse

Your nurse will be your primary caregiver during your stay in the hospital. She or he will provide pain medication per Dr. Patel's direction, monitor your vital signs, evaluate your condition and assist you when you stand or walk. Your nurse will explain all of your discharge instructions and make sure you have all the resources you need when you leave the hospital.

Anesthesia Care Team

Your anesthesiologist and/or certified registered nurse anesthetist (CRNA) will meet with you just before surgery to perform an assessment and administer the medications to keep you comfortable during surgery.

Hospitalist or Primary Care Physician

The hospitalist or your primary care physician will follow your medical care during your hospital stay and will work with your surgeon to meet your care needs. They will also perform your pre-surgical physical.

Physical and Occupational Therapist

Your physical and occupational therapists are trained to help you gain strength and motion in your spine and help ensure that you perform your exercises correctly. They will also teach you the safe and proper way to use a walker after surgery, if needed.

Your Coach

Your coach is chosen by you as your support person to help you prepare and recover from your spine procedure. A coach can be a spouse, friend or family member who will provide help and positive encouragement along the way.

Patient & Visitor Information

Valet Parking

Complimentary valet parking is available Monday through Friday from 8 am to 5 pm.

Meals

Room service is available through Nutritional Services and is exclusive to patients. Please ask a hospital employee for a menu.

Family and friends are invited to visit the Uptown Café for breakfast, lunch or dinner.

Hours:

Monday - Friday, 6:30 am to 9 pm

Weekends and Holidays, 7 am to 6:30 pm

Patient Communication Boards

Patient communication boards are used to identify your caregivers for each shift, note daily accomplishments and goals and to write down questions for your medical team. They are located in every patient room for your convenience.

Important Phone Numbers

Concierge	407-303-5395
Main Hospital	407-303-2200
Patient's Room	407-303-2200, then dial the room number
Pre-Admission Screening	407-303-2628
Patient Care Coordinator	407-303-3451
Surgical Coordinator	407-303-3423
Eden Spa	407-303-3348
To Dial Out of the Hospital	91-area code, then phone number



Healing Environment

At AdventHealth Altamonte Springs, we are committed to offering a healthy environment so you can get back on your feet in no time. Below are a few services that are provided for your wellbeing.

Creating a Clean Environment

- Sanitize bathroom
- Dust
- Dust mop
- Remove trash
- Sanitize all surfaces
- Wet mop

Creating a Quiet Environment

Our staff is committed to world-class medical care. Getting enough rest is one of the best forms of medicine. Tell your nurse what you would prefer to help you get a good night's sleep:

- Television volume off or lowered
- Lights out
- Warm blanket
- Sound machine
- Ear plugs
- Sleep aid/medicine
- Blinds closed
- Extra blanket
- Thermostat adjustment
- Sleep mask
- Door closed
- Other

Full Spa Services

Eden Spa provides a sanctuary for patients and their guests, with in-room spa services and specialty services for men and women.

Spa Hours

- Body massage, Monday - Friday, 9 am to 5 pm
- Manicures and pedicures, Tuesday - Thursday, 9 am to 7 pm
- Hair cut and style, Monday - Friday, 9 am to 4 pm

Personal Belongings

Patients are responsible for all belongings. Please leave all valuables at home. A locked safe is available upon being admitted for valuables that cannot be sent home.

Pre-Surgery Planning

Prior to Surgery

- Medical Clearance: This may be requested to ensure that your primary care physician (PCP) determines you are healthy enough to have surgery. Your PCP may order testing as needed to make the assessment.
- Pre-Admission Screening (PAS): Your primary care physician may issue a series of tests to make sure that you are healthy for surgery; this may include blood and urine testing, an electrocardiogram to test heart function and possibly an X-ray.
- Your blood will be checked and screened. Donor blood will only be given in the event of an emergency and is typically not used in spine surgery.
- Quit smoking. Smoking will impair your healing process, making your spinal surgery more likely to fail. If you smoke, please contact your primary care physician to learn about smoking cessation methods.
- Stop all medications that can increase bleeding unless otherwise instructed by your physician. This includes:
 - Advil
 - Aleve
 - All Non-Steroidal Anti-Inflammatory Drugs (NSAIDS)
 - Aspirin
 - Coumadin/Warfarin
 - Celebrex
 - Daypro
 - Fragmin
 - Ibuprofen
 - Lodine
 - Lovenox (Please check with your physician)
 - Meloxicam
 - Motrin
 - Naproxen
 - Plavix
 - Pletal
 - Relafen
 - Trental
 - Fish oil/Omega 3
 - Voltaren
 - Combination medicines, like Vicoprofen
 - Xarelto
- Stop the use of diet pills and herbal or natural supplements such as:
 - Garlic
 - Chondroitin
 - Ginkgo
 - St. John's Wort
 - Melatonin
 - Shark Cartilage
 - Valerian Root
 - Ephedra
 - Ginseng
 - Glucosamine

Narcotic pain medications, muscle relaxants and Tylenol (acetaminophen) are okay to take until midnight the night before your surgery, unless otherwise directed by your physician. Always check with your surgeon if you have questions.

Prepping Your Home for Accessibility and Safety

Prepare your home for your return from the hospital

- Remove small objects and clutter from the floor, creating a clear path
- Remove or tape down electrical cords
- Clean and do your laundry before surgery
- Put clean linens on the bed
- Arrange your drawers and closets so that the most frequently worn clothing can be reached easily; do not place clothing or shoes in a bottom drawer or on the floor
- In the kitchen and bathroom, keep all the food and utensils you will need between your waist and shoulder height
- Prepare meals and freeze them in single-serving containers
- Tend to outdoor chores, such as cutting the lawn and gardening
- Pick up throw rugs and tack down loose carpeting
- Install night lights in the bathrooms, bedrooms and hallways
- Have someone collect your mail and take care of pets or loved ones, if necessary
- Purchase a cordless phone or plan to use a cell phone while at home

ILLNESS

If you develop a cold, flu, high temperature, skin rash, infection, or any other form of illness 10 days prior to your surgery, it is important to notify your physician immediately. These health problems can be serious when combined with the stress of surgery.



Pre- and Post-Surgical Exercises

Activity

Initiating certain activities before your surgery and continuing them after surgery is extremely important to help prevent complications such as fever, pneumonia and blood clots. It also helps relieve stiffness and decreases the amount of time you need to spend in the hospital.

Log Roll Sequence

The log roll sequence is the most important maneuver you will learn after your surgery. You should perform this exercise three times per day with 10 repetitions each time. Please also use it every time you get out of bed. Take your time and **DO NOT** hold your breath while following the sequence below.

1. Bend your knees up one at a time, keeping knees and shoulders in alignment at all times. As you reach across your body, turn your head to the side and begin to roll your legs.



2. Once on your side, position your arm to begin pushing yourself up onto the side of the bed. When your legs are off the edge of the bed, push up with your crossing arm. Make this a smooth transition and breathe throughout.



3. Move your legs and arms so you are sitting squarely on the side of the bed.



Proper Body Mechanics

GETTING IN AND OUT OF BED

You may use your arms to help lower your body onto the bed, but DO NOT bend forward as you sit or stand. Keep your breastbone lifted, your back straight and push up with your legs and straighten your knees as you rise.



GETTING IN AND OUT OF A CHAIR

Always sit in a comfortable, well-supported chair that is easy to get out of. Scoot to the edge of the chair while keeping your back straight. Push up with your legs, using the armrests for support.



Proper Sleeping Posture

LYING ON YOUR SIDE

To relieve pressure on your spine, lie on your side with knees slightly bent and place a thin to medium pillow between your knees. Make sure the pillow doesn't make your leg go above or below your hip.



LYING ON YOUR STOMACH

Place a thin pillow under your stomach and one under your bent knee as shown.



LYING ON YOUR BACK

Place a medium pillow under your knee and one under your neck as shown. This will align your spine and relieve pressure on your lower back.



Proper Sitting Posture

SITTING IN A CHAIR

Take a small hand towel and roll it as shown in the photo below. Always sit in a chair with a high back for support. Place the towel at the base of your lower back and sit up straight with your feet flat on the floor.



Exercises

The following exercises are for all surgery patients, except those receiving an anterior cervical fusion with discectomy. All patients should read the Do's and Don'ts section for safety precautions after surgery.

SHORT ARC QUADS

Slowly raise your leg up and hold it for two seconds. DO NOT hold your breath. Slowly lower your leg. Repeat 5 to 10 times on each leg, twice a day.



ANTI-EMBOLIC EXERCISES

Simple leg exercises called anti-embolic exercises help prevent blood clots. Please practice these exercises at home before and after surgery.

Ankle Pump

Push your toes down (plantarflexion) and pull your toes toward your nose (dorsiflexion). You can practice this exercise throughout the day.



Heel Slides

Bend your knee and pull your heel toward your buttocks. Hold for two seconds and return. Repeat with your other leg. Repeat 10 times on each leg, twice a day.



Quad Sets

Keep your leg straight and slowly tighten your thigh muscles, slightly lifting your knee. Count to five, then relax and repeat on other side. Repeat 10 times on each leg, twice a day.



Hip Abduction While Lying on Your Back

Lie comfortably on your back and slowly slide one leg out to the side with your toes pointing upward. Hold for two seconds then slowly bring your leg back to starting position. Repeat 10 times on each leg, twice a day.



Gluteal Squeezes

Squeeze your buttocks while counting to five. Slowly relax. Repeat 10 times, twice a day.



Heel and Toe Rises

Move to the edge of your chair and keep your feet flat on the floor.

Slowly lift your toes while keeping your heels on the floor.

Bring the toes back down to starting position and lift your heels while keeping your toes on the floor.

Repeat this 10 to 15 times, once or twice daily.



Sitting Hip Abduction/Adduction

Sit up in your chair with your feet flat on the ground. Bring your right leg out to the side and hold for two seconds with your feet flat on the ground. Bring your leg back to starting position and switch legs. Repeat 10 times on each leg, once or twice daily.



Sitting March

Sit up in your chair with your feet flat on the ground and pull your belly button toward your spine. Lift one leg and hold for two seconds, then lower it back to starting position. This can also be done in standing position while holding a walker or chair for support. Repeat 10 times on each leg, once or twice a day.



Sitting Long Arc Quads

Sit up in your chair with your feet flat on the ground and pull your belly button toward your spine. Tighten your thigh muscle and extend one leg forward. Hold for two seconds and then lower it back into starting position. Repeat 10 times on each leg, once or twice a day.



Posture Exercise

Stand against a wall with your spine in neutral. Try to rest your head on the wall, but do not tilt your chin up. Pull your belly button toward your spine and squeeze your buttocks muscles. Slowly breathe and hold for 10 seconds, then relax. Repeat 5 to 10 times, twice a day.



Weight Shift

Stand tall and tighten your thighs. Shift your body weight from one leg to the other. Return to neutral position and put one foot forward. Transfer your weight to your front foot and back to the other leg. Repeat 5 to 10 times on each leg, twice a day.



Car Transfers

Use your walker and car chair for support.

Lower yourself down to a seated position without bending more than 90 degrees.

Scoot back into the seat and lift one leg at a time onto the floorboard of the vehicle.

Center yourself and adjust the seat into a comfortable position.



The Night Before Your Surgery

Do not eat or drink anything after midnight, even water, unless otherwise instructed to do so. This includes chewing gum.

What to Bring to the Hospital

- Comfortable, loose-fitting clothing like shorts, pajamas, sweatpants, T-shirts, boxer shorts and bathrobes. It is helpful if you label your items with your first and last name.
- Pack a jogging suit or similar outfit for your trip from the hospital to home.
- Bring tennis shoes or shoes with flat, rubber bottoms. DO NOT bring tight-fitting footwear as your feet may swell following surgery. Also, do not bring slides or backless slippers to wear as they will not offer the right support.
- Personal toiletries such as toothbrush, toothpaste, deodorant and hairbrush
- Eye glasses, contact lens cases with solution and denture storage
- A list of the medications, vitamins, herbal remedies and dietary supplements you currently take, including how much and how often you take them
- A list of any food and/or medication allergies
- A list of previous surgeries, including the year of each and if you had any difficulties with anesthesia
- Bring a signed copy of your living will or durable power of attorney for health care; if you do not have an advance directive, forms are available for your use.
- Bring any ambulation aides (rolling walker, cane, etc.) to the hospital so we may inspect it for safety and adjust it to fit your height.
- Blood donation card if you have one
- Your insurance card, prescription card, driver's license or photo ID, and any co-payment required by your insurance company
- Your surgical handbook

Special Instructions

You will be instructed by your physician about medications, skin care, showering, etc.

- DO NOT take medication for diabetes on the day of surgery
- Please leave jewelry, valuables and personal belongings at home
- Nail polish and makeup must be removed before your procedure

Preoperative Showers with Chlorhexidine Prep

Evidence shows that preoperative showers with an antiseptic solution can reduce the risk of infection. Safety is our focus, so please help us prevent infection. On the night before your surgery, use the 4% chlorhexidine prep you received at your pre-admission testing and follow the instructions provided.

Day of Surgery

Morning of Surgery

- Take any required medication with a small amount of water as instructed by your physician.
- Repeat the procedure from the night before with the chlorhexidine prep solution.
- Avoid wearing colognes, perfumes, deodorants, sprays, scented hand creams, lotion and shaving creams of any kind.
- Do not wear makeup or nail polish.
- Arrive in comfortable clothing as instructed by your surgeon.
- Please arrive on schedule so that there is ample time to fill out any forms and ask any questions you may have while the nurses and care team make sure you are prepared for surgery.

- Please be sure to bring your coach with you as they will be bringing you home and helping you recover.
- Please note, you will not be able to drive yourself home after your surgery.

Once You Arrive

Your family will be able to stay with you until you are escorted to the surgery holding area. Once escorted into the surgery holding area, we will take your family to the surgery waiting room where we have reading material, TVs and free Wi-Fi.



Anesthesia

Post-Anesthesia Care Unit (PACU)

After surgery, you will be transported to the PACU in your hospital bed. You may stay in the PACU for one to three hours before you are transferred to your room.

DURING THIS TIME, NURSES WILL:

- Monitor your vital signs: blood pressure, pulse, respirations, temperature and oxygen levels
- Check your feet and legs for circulation, motion and sensation
- Check your surgical dressing
- Frequently check your level of pain by asking you to rate your pain on a zero to 10 scale
- Reposition you in bed to improve your comfort
- Ask you to cough and breathe deeply every one to two hours

Nursing Floor

If you are being admitted to the hospital, you will be transported to your own private room after a few hours of monitoring and your family will be able to visit.

WHILE IN YOUR ROOM AFTER SURGERY, NURSES WILL:

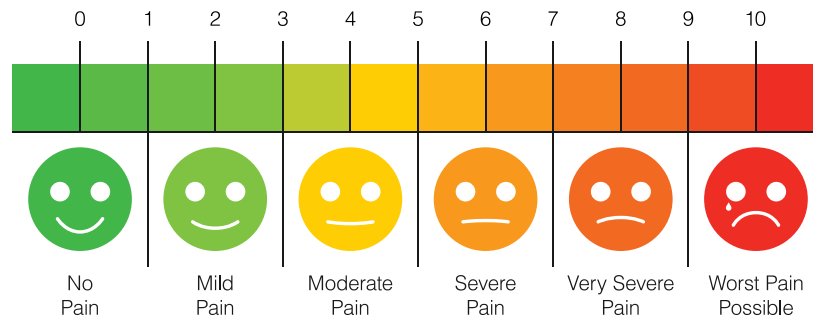
- Monitor your blood pressure, pulse, respiration and temperature. Vital signs are checked frequently during the first night.
- Check your feet and legs for circulation, motion and sensation
- Ensure the compression wraps on your feet are functioning properly
- Check your surgical dressing
- Check your pain level and administer medication as needed
- Monitor your fluid intake and output along with checking your Foley catheter – if you have one – to make sure it is draining properly
- Turn or reposition you in bed
- Encourage you to breathe deeply every hour
- Administer other medications as prescribed by your physicians
- Provide meals you can tolerate, starting with liquids

Nurses and caregivers will instruct you to perform your exercises every hour while awake to prevent blood clots.

Managing Your Pain

Remember, some pain is normal during recovery – zero may not be an achievable goal. Your care team is here to control your pain so you can actively participate in your recovery through breathing exercises, getting out of bed and physical exercise.

Everyone feels pain differently. Your nurses will ask you to rate your pain on a scale from zero to 10, with zero being no pain and 10 being the worst pain you can imagine. Your nurse will also ask you what an acceptable level of pain will be for you to participate in your recovery and daily activities, like bathing, eating and talking with your family and friends. Choose the face below that best describes how you feel.



Feeling in control of your pain after surgery begins with thinking of your pain as having separate aspects or components and breaking those big problems into smaller and more manageable components whenever possible.

Coping with Your Pain

Coping Options

- Directing your attention to entertainment, such as DVDs, television, music, books, etc.
- Spending time with family and friends
- Turning to spiritual resources
- Diaphragmatic breathing – your stomach rises when you inhale and falls back in place when you exhale

Always Remember

Be kind to yourself

Our thoughts - to a great degree - shape how we feel about our current environment. Repeating calm, reasonable and helpful statements to ourselves about our pain helps us cope more effectively.

Take control of your environment

Managing your time and effectively communicating through your social network and family can help this process. Make sure you set enough time aside for rest, relaxation and rehabilitation.

Assert yourself when needed

Remember, you have the right to say what you feel and make requests, such as limiting your number of visitors or asking for help at home after surgery. You can change your mind and say no when necessary.

Using some or all of the techniques above can help put you in control of your surgical experience and help reduce stress, thereby maximizing your chance for a successful outcome.

Your nurses and care team are very dedicated to keeping you comfortable and controlling your pain during your stay. If you have any questions, please speak to your nurse.

Types of Pain Medication

You will receive pain medication and muscle relaxers that work together to provide maximum pain relief. Your nurses will describe any new medications to you, including what they are for and any side effects you may experience. Tell your nurse if you experience any of these side effects.

Caring for Your Incision

- Avoid touching your incision.
- Be sure to thoroughly clean your hands before and after changing your dressing. Gauze and tape or an ABD pad will be provided for you at discharge. Your incision should be covered with gauze at all times until your follow-up appointment.
- Keep the incision area clean and dry, and avoid sweating.
- Refrain from using a bathtub, swimming or sitting in a hot tub until notified by your physician.
- Keep the incision dry and covered while bathing. Use clean, fresh towels for bathing and wear newly-cleaned clothing.
- Take your medicine as prescribed.
- Keep your follow-up appointments.
- DO NOT SMOKE.

If you notice the following symptoms, please call your physician's office immediately.

- A fever over 101 degrees Fahrenheit
- Chest pain, especially when you cough or take deep breaths
- Chest congestion that lasts more than a day
- Thick, dark yellow drainage or a bad odor from the incision
- Clear, watery drainage
- Painful redness near the incision site
- No bowel movement for several days and abdominal pain
- Calf pain or swelling in either or both of your legs
- Leg weakness or difficulty passing urine
- Problems breathing
- Loss of control of your bowel and/or bladder
- New weakness, numbness or tingling in extremities
- Headaches that worsen when standing and get better when laying flat
- Numbness around your buttocks
- Difficulty swallowing

Blood Clots

Blood clots can occur after surgery. It is important to recognize the signs of a blood clot and report them to your physician immediately.

You can prevent blood clots by:

- Wearing the white surgical compression stockings - called TED stockings - you took home from the hospital. These can be worn to prevent blood clots from forming in your legs and reduce swelling.
- Keeping your feet elevated when you sit by using a footstool or bench with a pillow under your feet for support.

Warning signs of blood clot in the legs

- Increased pain in the calf of your leg
- Tenderness or redness
- Increased swelling of the thigh, calf, ankle or foot

Warning signs of blood clots in the lungs

- Sudden, increased shortness of breath
- Rapid onset of chest pain
- Localized chest pain with coughing or when taking a deep breath

Do's & Don'ts After Surgery

Following Spine Surgery

- DO** Get out of bed
 - Log roll completely on your side
 - Bend your knees and let your feet drop off the side of the bed
 - Use your arms to push yourself to a sitting position, letting your hands walk you up
 - Return to bed using the same procedure in reverse, keeping your back straight
- DO** If you have been given a collar, wear your collar at all times except when showering and eating.
- DO** Maintain proper posture. Your head needs to be positioned directly over your shoulder with your shoulders back and your stomach tight. Keep your ears, shoulders and hips in line with arm rests.
- DO** Sit in straight-back chairs with support to your back. Do not sit in a recliner or on the couch until cleared by your physician.
- DO** If you sleep on your back, use a pillow under your knees. If you lie on your side, place a pillow between your knees for support.
- DO** Walk! Begin with short trips and then increase the time and distance. Begin with 5 to 10 minutes and slowly progress to 20 to 30 minutes, 3 to 4 times a day.
- DO** Walk up and down stairs as tolerated, but have someone with you the first few days to ensure stability.
- DO** Ankle pumps, gluteal sets and quad sets. Perform these exercises any time you are sitting and after long periods of inactivity.
- DO** Turn with your legs and avoid twisting your body to turn.
- DO** Stand with your feet shoulder-width apart. Or, place one foot slightly in front of the other.
- DO** Keep your knees relaxed and stomach muscles slightly flattened.
- DO NOT** Sit for more than 45 minutes to one hour at any one time without getting up and moving about or changing positions.
- DO NOT** Neglect your exercises. Inactivity weakens your muscles.
- DO NOT** Sit on furniture that is soft, without arms or low to the ground. This will make standing up more difficult.
- DO NOT** Lift any object weighing over 10 pounds until cleared by your physician.
- DO NOT** Neglect good nutritional habits.
- DO NOT** Perform any strenuous activity until cleared by your physician.
- DO NOT** Play sports until cleared by your physician.
- DO NOT** Drive yourself for the first two weeks after surgery. Obtain physician clearance before driving.
- DO NOT** Bend or twist at the waist. If necessary, bend at the knees.
- DO NOT** Have sexual relations for the first two weeks after surgery. Physician clearance needed.
- DO NOT** Take tub baths. You may be instructed to cover your incision when you shower.
- DO NOT** Smoke. Smoking decreases your ability to heal properly.

Medication List

List all medications you are currently taking, including pain medicine, muscle relaxants, anti-anxiety medications, antidepressants, sleeping pills, etc.

Name of Medication	Current Dosage	How often do you take it?

List all over-the-counter or herbal medications, vitamins and any other supplements.

Name of Medication	Current Dosage	How often do you take it?

List any allergies that you have. If you do not have any allergies, write none on line 1 below.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Surgical Journal

The healing process is essential to your health and wellbeing. At AdventHealth Medical Group Spine Health, we want to make sure you continue to improve once you are home.

We have provided a 14-day journal for you to document your healing journey. With this journal, you can make notes about your recovery as well as keep reminders about your follow-up and therapy appointments. We encourage you to utilize this to help keep track of all your health care needs.

DAY 1 ___ / ___

DAY 2 ___ / ___

DAY 3 ___ / ___

PERFORATION

DAY 4 ____ / ____

DAY 5 ____ / ____

DAY 6 ____ / ____

DAY 7 ____ / ____

PERFORATION

DAY 8 ___ / ___

DAY 9 ___ / ___

DAY 10 ___ / ___

DAY 11 ____ / ____

DAY 12 ____ / ____

DAY 13 ____ / ____

DAY 14 ____ / ____

PERFORATION

Coach's Journal

As a family member or friend, your support and involvement is very important during the preoperative and recovery process. Being a positive force can help the patient heal, recuperate and renew.

You must be able to:

- Attend the preoperative evaluation
- Attend the pre-surgery class
- Drive the patient home from the hospital after surgery and to their two-three week follow-up appointment
- Assist with walking and daily dressing changes

Surgery Date: _____

Arrival Time: _____

PRE-SURGERY CLASS AND APPOINTMENT

Surgery Class and Time: _____

Pre-Testing Appointment: _____

Bring your journal with you.

Date: _____ Time: _____

Post-Op Appointment: _____

Our Health Equity Promise

Patient Protection and Affordable Care Act: Section 1557

AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. This facility does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

AdventHealth provides free aid and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

AdventHealth provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, please call 407-303-5600 x1106707.

If you believe that this facility has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance or request that someone assist you with filing a grievance at 407-200-1324 or FH.Risk.Management@AdventHealth.com.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically, through the Office for Civil Rights Complaint Portal, available at ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at hhs.gov/ocr/office/file/index.html.

The statements below direct people whose primary language is not English to translation assistance:

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi theo số điện thoại dưới đây.

注意: 如果您使用中文, 您可以免费获得语言协助服务。请拨打下面电话号码。

Atansyon: Si ou pale kreyòl Ayisyen, gen sèvis asistans nan lang ou ki disponib gratis pou ou. Rele nimewo ki anba an.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 아래의 번호로 전화하십시오.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer podany poniżej.

ملحوظة: إذا كنت لا تتحدث اللغة الإنجليزية فإن خدمات الترجمة متوفرة لك مجاناً. الرجاء الإتصال بالرقم أدناه.

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le numéro ci-dessous.

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tawagan ang numero sa ibaba.

ВНИМАНИЕ! Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Для этого позвоните по нижеуказанному номеру.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufen Sie die untere Nummer an.

सुचना: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. નીચેના નંબર પર ફોન કરો.

ATENÇÃO: Se você fala português, disponibilizamos serviços lingüísticos gratuitos. Ligue para o número abaixo.

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। नीचे लिखे नम्बर पर सम्पर्क करें।

اگر شما فارسی زبان هستید، خدمات کمکی زبان بطور مجانی در دسترس شما قرار دارد. تو شماره زیر زنگ بزنید.

توجہ فرمائیے۔ اگر آپ اردو بولتے/بولتی ہیں تو آپ کے لئے لسانی خدمات مفت میسر ہیں۔ ذیل میں دئیے گئے نمبر پر کال کریں۔

注意: 日本語でお話になりたい場合には、無料の通訳サービスをご利用いただけます。下記の番号にお電話してください。

ໄປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອ ດ້ານພາສາ, ໃດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ກະລຸນາໃຫ້ນັ້ງເບິ່ງຮູ້ຂ້າງລຸ່ມ

LUS CEEB TOOM: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu tus xojtooj hauv qab no.

ATTENZIONE: Se parlate italiano, sono disponibili dei servizi di assistenza linguistica gratuiti. Chiamare il numero sotto indicato.

407-303-5600 📞 **407-303-3025**