

Every patient receives the highest quality professional care available in the world that is provided by Dr. Johnson and his staff.

INTRODUCTION

You and your surgeon have agreed that a surgical procedure is the next step to treat your spine problem. Your preparation for surgery and participation during recovery and recuperation is very important to us. This handbook has been developed to provide you with information you will need to prepare for your time before, during and after your surgery. The first step on the road to recovery is learning how to play an active role in your care. Be proactive about your care. Prepare yourself and ask questions.



Your Surgery Date

- What To Do Post Surgery
 What Not To Do
- 6 Blood Donation
 Cancel or Reschedule Surgery
 MRI, CT, and X-Rays
- 11 Medications
 Important Scheduling Info

7 Insurance

1 On The Day Of Surgery

Co-Surgeon List

- Access Pavilion Building From Street Level
- Vascular/Thoracic Surgeons
- Access Pavilion Building
 From Plaza Level



- Team Work
 Home Care Planning
- When to Call Your Surgeon Preparing Your Home
- DailyActivities
 Walking and Exercise
- 18 Sitting Your Brace
- Lumbar or Cervical Brace Personal Care Post Surgery Showering

- Toileting
 Grooming
 Dressing
- 21 Bowel/Bladder Concerns Constipation
 Pain
- Muscle Spasm
 Diet and Medication
 Incision Care
- 23 Steps For Improved Sleep Return to Activity
- 24 Sexual Activity
 Dental Care/Antibiotics

YOUR SURGERY DATE HAS BEEN SCHEDULED FOR

Your surgical time will be determined 24-48 hours before your surgical date. Call our Surgical Coordinator 2 days prior at (310) 423-9762 to obtain your arrival and surgical time at the hospital.

You MUST have your pre-operative Medical History and Physical 7 to 14 days prior to your surgery. If you do not have an internist on staff at Cedars you will be referred to either Steven Galen, MD or Roy Artal, MD for your pre-operative examination.

Steven Galen, MD

(310) 277-1222

2080 Century Park East Ste. 1609 Los Angeles, CA 90067

Roy Artal, MD

(310) 657-3792

8635 W. 3rd Street Ste. 965W. Los Angeles, CA 90048

Depending upon your surgical procedure, and if a transfusion is necessary, you may need a Type & Screen Blood Test. If the internist cannot order this, you may schedule your appointment at:

Cedars-Sinai Medical Center
Anesthesia Pre-Procedure Evaluation Center (APEC)

(310) 423-4068

127 S. San Vicente Blvd. #A2600A Los Angeles, CA 90048

Blood Donation

If the doctor has recommended you to donate your own blood for surgery, please contact the Cedars-Sinai Blood Donor Facility at (310) 423-5347. Also, notify our office so a prescription may be sent to the blood donor facility. Note: You may donate blood at any donating facility, such as the American Red Cross. Please notify our office so we may help you arrange this.

Note: If you are having a fusion, NO SMOKING FROM THIS POINT. If you currently smoke and are having a fusion-type surgery please let your surgeon know.

If your procedure requires a vascular surgeon or other specialty surgeon, you will need to make an appointment prior to your surgery date. We will be happy to assist you with this.

CANCEL OR RESCHEDULE SURGERY

To cancel or reschedule your surgery, please call the surgical coordinator at (310) 423-9762 **AT LEAST 7 days** before your scheduled surgery date.

MRI, CT, and X-rays

Dr. Johnson's office will keep a copy of your surgical patient studies. If you have new studies, please bring them with you.

Post- Operative & Follow-Up Appointments will be scheduled and mailed to your home address. This will include a wound check 1-2 weeks after surgery with the physician assistant and a 4-6 week visit with your surgeon. Please call our office (310) 423-9792 if any changes occur.

Insurance

DR. JOHNSON IS NOT A PROVIDER OF MOST INSURANCES INCLUDING MEDICARE. IT IS YOUR RESPONSIBILITY TO CONTACT YOUR OWN INSURANCE COMPANY ABOUT YOUR COVERAGE, DEDUCTIBLES AND OUT OF POCKET EXPENSES.



Insurance policies vary in coverage according to your plan. You need to call your insurance company and have them explain to your out-of-network benefits.

В

Dr. Johnson's billing company is MedNet Billing Inc. You may make arrangements with them for deposits, co-pays and fees associated with payment to Dr. Johnson.

Contact Mariela at (310) 322-4278 ext. 1112 and she can provide full details explaining your insurance benefits and coverages. Patients will have a required deposit due before your scheduled surgical date.

In general, Dr. Johnson's office will obtain the authorization for your surgeon's fee, hospitalization and surgery.

Workman's Compensation: All workmen compensation patients will be scheduled for surgery once an authorization is obtained.

E

Cedars-Sinai Medical Center Anesthesiologists, General Anesthesia Specialists Inc., will send a bill for professional services. Please contact at (213) 637-3700 to confirm your insurance coverage.

Co-Surgeon List

Your surgery may require one of the surgeons listed below. Please note this list is to inform you of who may assist Dr. Johnson. All surgical cases have an assistant surgeon.

Terrence Kim, MD

Orthopedic Surgery

444 S. San Vicente Blvd.#800 Los Angeles, CA 90048

(310) 423-9716

Theodore Goldstein, MD

Orthopedic Surgery

444 S. San Vicente Blvd. #901 Los Angeles, CA 90048

(310) 652 - 8138

Marshall Grode, MD

Neurosurgery

444 S. San Vicente Blvd. #800 Los Angeles, CA 90048

(310) 423 - 6789

Eli Baron, MD

Neurosurgery

444 S. San Vicente Blvd.#901 Los Angeles, CA 90048

(310) 423-9779

Vascular/Thoracic Surgeons

If your surgical procedure requires a Vascular or Thoracic Surgeon, one of the surgeons listed will be assisting. You will need to have a pre-operative consultation with your assigned Vascular or Thoracic Surgeon. Dr. Johnson's office will provide you with this appointment. If your assigned appointment is not convenient for you, please call the Vascular or Thoracic Surgeons office to modify your appointment

APPOINTMENT DATE:		
/ /	at	AM/PM

Vascular Surgery Associates

Willis H. Wagner, MD Rajeev Rao, MD

8631 West 3rd Street Ste. 615E Los Angeles, CA 90048

(310) 652 - 8138

Cedars-Sinai Thoracic Surgeons

Clark Fuller, MD Harmik Soukiasian, MD

8631 West 3rd Street Ste. 240E Los Angeles, CA 90048

(310) 423 - 2640

What To Do Prior To Surgery

- 1. If you develop a fever, cold symptoms, coughing, chills, aches, or any other illness between now and your surgery date, notify your surgeon's office and your primary care physician immediately
- 2. Bring a current list of medication(s) and how you take them
- 3. Bring your insurance cards, identification card, driver's license, emergency contact with phone number
- 4. Bring your glasses, hearing aid, dentures, toiletries, robe and non-skid slippers
- 5. Take a shower the night before surgery and the morning of surgery using an antibacterial soap

What Not To Do

- DO NOT eat or drink anything after midnight the night before your surgery. This includes water, chewing gum, breath mints, etc. Please ask your internist or surgical scheduler about taking regular medications for example blood pressure medicine with a sip of water the day of surgery.
- 2. The morning of surgery you may brush your teeth and rinse your mouth but DO NOT swallow any of the water or mouthwash.
- **3.** DO NOT bring anything of value such as jewelry.
- **4.** DO NOT wear make-up the day of surgery.
- **5.** DO NOT have any dental or other medical procedures done without consulting with your surgeon's office.



Medications

If you take medicine on a daily basis, you must check with the prescribing physician regarding when to discontinue the medication. If you are instructed to take medication after midnight the night before surgery, take the medicine with a small sip of water ONLY.

Important Scheduling Info

Dr. Johnson's schedule may change due to emergency/urgent cases that could affect your scheduled surgery. If your surgery is following another surgical case, please be advised that delays may occur. We appreciate your patience. If you have any questions or concerns, please call our surgical coordinator at (310) 423-9762

10 days prior to any surgical procedure STOP taking any aspirin or aspirin containing products such as: Multiple Vitamins, St. Johns Wort, MSM, glucosamine,' Sam-E, ginger and garlic tablets, Ibuprofen (Advil, Motrin) Nuprin, Naproxen (Aleve, Naprosyn), Chinese herbs or plant extracts (especially: Ginko-Biloba, Mahuang, Kava-Kava Root, or ginseng, etc.). Please call your primary physician or our office for any questions about medications. Your doctor will provide you with prescriptions for pain medication post operatively. Please contact our office if you wish to take any medication that was not approved for you at the time of your discharge from the hospital.

On The Day Of Surgery

Advance Health Science Pavilion Spine Surgery OR/ Procedure Rooms 5th Floor 127 S. San Vicente Blvd. Los Angeles, CA 90048

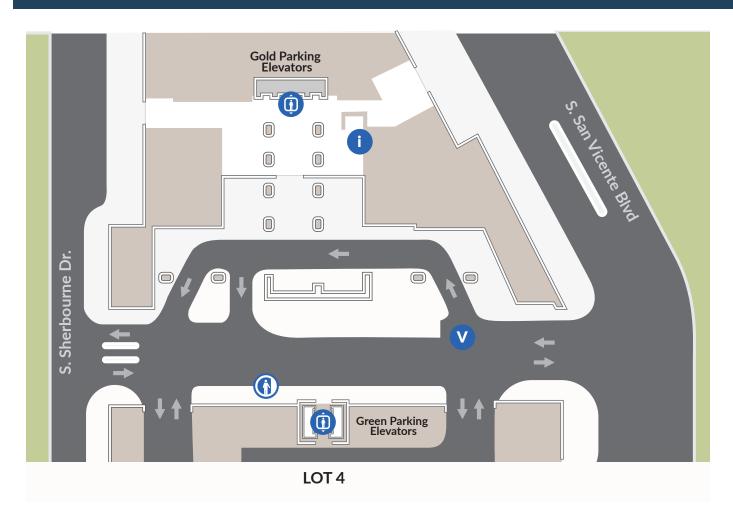
Park in Lot P4, located on the NE Corner of Sherbourne Avenue and 3rd Street. Valet parking is available.

- P Parking
- E Emergency Parking
- Drop Off

- Parking is available in Lot 4.
- Parking: Self-parking is available on campus.
- Visiting Hours: General Visiting Hours are 10:00 AM to 9:00 PM
- If your guests are ill, please do not have them visit.
- A caregiver may interrupt your visit during some patient care routines
- Please limit your guests stay to 15-20 minutes
- Maximum number of visitors in the room is two at a time
- Children under the age of 12 are not permitted in the patient's room, nor may they wait unattended in the waiting areas



Access the Pavilion Building From











Street Level

Park in Lot 4

(The Pavilion parking Garage)

Valet Parking: Drop off is on Street Level and pick up is on level B1

As you enter the garage, follow signs down to the park in the Gold Zone. If the Gold Zone is full, park in the Green Zone.

Parking Rates

- 1st hour Free
- \$5 each hour
- \$15 Daily Max



Plaza Level

- Park in Lot 4
- Take the parking elevators to the Plaza Level (PL)
- Exit the elevator and follow the signs from the Plaza Pathway to the Pavilion Entrance
- Take the Pavilion Elevators, located in the middle of the lobby, up to your appointment on the 5th floor and check at the desk.



A team of healthcare professionals are ready to help prepare you for surgery and the recovery to follow. You, your physicians, physician assistants, nurses and physical therapists are the main players on your team. Discharge planners and social workers may also participate depending on what care is needed. We approach surgery as a team with you being the most valuable player. We know the day of surgery can cause anxiety and leave you with many unanswered questions. Your questions are extremely important to us and we hope that we can make you feel more at ease in the days prior to and after your surgery. Thank you for choosing Dr. J. Patrick Johnson as your Neurosurgeon.

After Surgery

Home Care Planning

During your time in the hospital, physical and occupation therapists may work with you at your bedside. They will help you get out of bed, sit in a chair, and walk. Once you are tolerating getting out of bed and to a chair, you may have a therapist work with you to begin walking. This usually occurs the day after surgery. This is to help you regain your strength so you can resume some of your normal activities when you get home. If necessary a social worker/home care coordinator will discuss your home needs. This is when any durable medical equipment will be ordered and home health care will be set up as needed. Sometimes individuals will need a caretaker. These may not be covered by your insurance, and you will need to make arrangements.

When to Call Your Surgeon

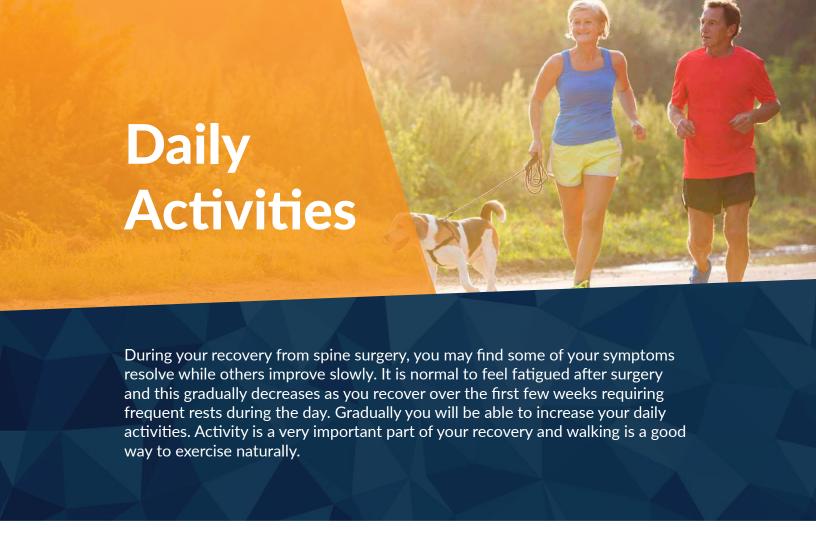
Call Dr. Johnson's office if you have any of these symptoms at (310) 423-9792.

- Drainage from the incision site
- Redness, swelling, warmth or tenderness over the incision site
- Flu like symptoms and body temperature greater than 101.5 degrees
- Increased pain, numbness or weakness in your leg(s) or arm(s)
- Increased pain in your back or neck
- Difficulty controlling your bowel and or bladder
- You will have an appointment in 7-14 days after your surgery for a wound check with the Physician Assistant. These dates will be sent to you
- In 4-6 weeks you will have a post operative appointment with Dr.
 Johnson

Preparing Your Home

Ways you can prepare your home to make your recovery easier, that include:

- Place your phone in a convenient location near the bed or chair
- Prepare food or purchase easy to prepare foods before coming to the hospital
- Identify a person who will be able to help you with shopping and other chores
- Place shoes (slip-ons), clothing and toiletries at a height where you can reach them without bending
- Remove or secure any throw rugs as to not trip over them



Walking and Exercise

Walking helps your cardiovascular system. It also increases strength and endurance and promotes recovery. Your physical therapist can also instruct you on distance and duration of walking.

- Check with your doctor before starting any other exercise routine
- Walk about 5-10 minutes three times a day on a flat surface and increase gradually
- Walk on even level surfaces
- Wear good walking shoes
- Use a walker or cane if needed
- Stairs are okay as long as they are well lighted and you use the railing
- Walking on a treadmill is permitted (no incline) and no running
- If you were discharged using a walker and/or cane, you may not stop using these assistive devices until your physical therapist or doctor advise you

Sitting

Sitting may feel like a "comfortable" position for your back, however sitting too long can lead to stiffness and discomfort. If you have had lower back surgery, follow these guidelines:

- Avoid prolonged sitting if possible, i.e. 30 minute or longer, until 2-4 weeks after surgery
- Firm chairs are more comfortable than low soft chairs
- Sit for meals no longer than 30 minutes at a time
- When sitting you may feel more comfortable with support for your back with a lumbar roll, lumbar cushion, or a rolled bath towel
- Avoid twisting, bending, lifting, pushing or pulling
- Your back is more comfortable in a straight line as it heals
- Turn like a log as you learned in the hospital
- Keep your shoulders in line with your hips
- To stand up, slide to the edge of the chair and then use the arms of the chair to push your body up. Breathe, do not hold your breath
- Arise to reclining position by lying on your side and lowering your legs like a pendulum
- You should not lift anything over 5 to 10 pounds until cleared by Dr. Johnson

Your Brace

If you had an artificial disc replacement (ADR) or cervical/lumbar disc or decompression surgery (ie laminectomy) under most circumstances you don't need a brace. However, Dr. Johnson may recommend using a soft collar or lumbar corset for comfort for 1-2 weeks post-surgery.

If Dr. Johnson recommended a low back support corset or brace for your back or collar for your neck to wear after leaving the hospital, this support will aid the healing of your spine by providing support for your muscles and limiting the movement of your spinal column.

If you have had a lumbar or cervical fusion Dr. Johnson may have you wear a brace. There are different types of braces which include plastic molded braces or soft braces. The type of brace depends on your surgery and your doctor's choice. It should fit comfortably and snug. It may take a few days for you to feel comfortable wearing a brace. You should wear the brace when you are up walking and during your exercises. How long you wear the brace depends on the type of surgery, your recovery and your doctor's preferences. Wearing the brace will remind you to have good body mechanics.

Lumbar or Cervical Brace (Prescribed)

If you are wearing your brace you may become hot and you will perspire. Keeping your brace clean will help you feel fresher and the brace will be more pleasant to wear.

Follow these guidelines to clean your brace

- Wear a white t-shirt under your brace to protect your skin from any irritation and red areas
- Change your cotton t-shirt daily
- Wash your brace with mild soap and water
- Dry the brace thoroughly using a clean towel and air dry only.

Personal Care Post Surgery

During your hospitalization an occupational and physical therapist will work with you to address any concerns you have regarding climbing stairs, bathing, dressing, toileting, cooking or light chores. Adaptive equipment is available to make these tasks easier for you. The therapist may be asking many questions about your home environment to make sure you get the equipment you need.

Showering

Most people find it easier taking a shower. You may have a risk of falling in a bath tub. No baths for 1 week.

- Shower 2-3 days post-surgery. You do not need to cover your incision for showering
- You may need safety equipment such as bath rails or bath chairs depending on your bath area
- To make washing easier, use a "soap on a rope", long handled sponges or scrubbers and a hand held shower head if available
- To wash your hair stand or sit without bending forward
- After bathing, pat dry the skin around your incision with a clean towel
- Do not use lotions or creams around the incision
- A bath mat or slip guard in the shower will prevent you from slipping and falling

Toileting

Low toilet seats can make regular toiletting difficult and uncomfortable for patients who have had back surgery. Depending on the type, location and surrounding area of your toilet, you may be instructed in using a raised toilet seat and or toilet rails. Your therapist will discuss with you what type of seat and rails are easiest and safest for you to install at home.

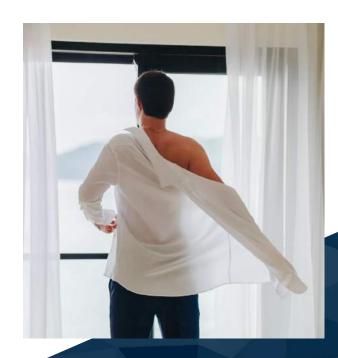
Grooming

- Personal grooming like shaving and brushing your teeth can be uncomfortable because sinks are at a low level
- If your sink is waist level or higher, support your upper body weight on a bent forearm on the edge of the sink or counter, and extend one leg behind you.

Dressing

Dressing can be a challenge when your back is sore and tender after surgery. These guidelines will be helpful.

- Gather together all the clothes you will be wearing, including socks and shoes. Put them in one location.
- Avoid as much twisting and bending as possible that may cause discomfort. Aids are available to assist you if needed such as long handled reacher, long handle shoe horn, pants puller, sock doner, and velcro shoes.
- Sit on the edge of the bed to dress
- Wear comfortable loose fitting clothes
- Slip-on shoes are easiest shoes to wear



Bowel/Bladder Concerns

After an indwelling catheter, a bladder infection may occur. Call Dr. Johnson's office, and/or your internist, and report any of the following signs

- Burning during urination
- Urinary frequency
- Pain with urination
- A urine test may be needed to determine if an infection exists and treatment is needed

Constipation

Constipation is caused by narcotic medications and decreased activity. Following are tips should constipation develop:

- Drink 6-8 glasses of fluid per day
- Increase your fiber by eating wheat bread, bran cereals, fresh fruits and vegetables
- 4 ounces of prune juice or orange juice with pulp
- Decrease your pain pills containing narcotics
- Avoid straining while having a bowel movement

The first bowel movement may be uncomfortable. If this difficulty persists, a stool softener may be used.

Call your surgeon or your primary care provider if you are unable to have a bowel movement, have abdominal pain or cannot pass gas.

Pain

Pain is expected after any major surgery. Limit your daily activities to avoid bending, lifting greater than 5 pounds, torso twisting (BLT's), and prolonged sitting. Twisting and bending are the most common causes of low back pain after surgery.

- Call if you have an increase in leg/arm pain or leg/arm numbness
- Take Tylenol, Extra-Strength Tylenol or pain medications prescribed by Dr. Johnson to relieve your pain
- Do not take Tylenol more than 4 times a day (not exceed 3000 mg/day)
- Do not take NSAID /anti-inflammatory medications (Motrin, Advil, Aleve, Ibuprofen etc.) for 3 month's if you had spinal fusion surgery
- If you have questions about your medications and/or your pain is not being relieved, call your doctor
- If narcotics are prescribed to control your pain, be aware that they cause drowsiness and you should not drive

Muscle Spasm

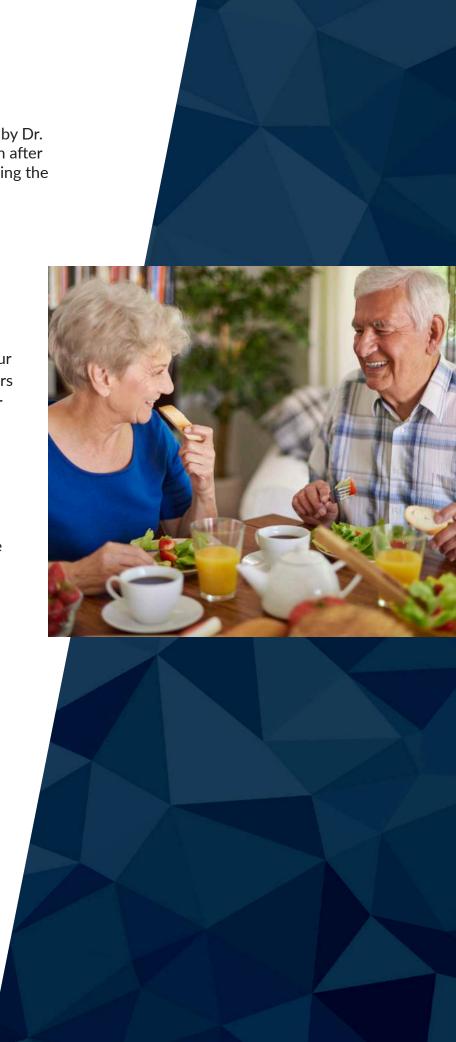
A Cold Therapy Unit, will be ordered for you by Dr. Johnson's office. Muscle spasms are common after surgery. Most people have found relief by using the Cold Therapy Unit and Dr. Johnson highly recommends it for 1-2 weeks post-op.

Diet and Medication

- You may resume your regular diet
- Resume all medications prescribed by your family doctor per discharge doctor's orders
- Vitamins suggested by your family doctor may be taken

Incision Care

All your sutures are under the skin and none of these stitches need to be removed. The very top layer (the skin) is closed with adhesive (steri-strips) and to remain in place for 1 week. These give a nice looking wound edge when it is healed. Once your dressing is removed you may shower and wash your incision with mild soap and water, usually 2 days after surgery. Although infections rarely happen after surgery, inspect your incision daily for possible signs of an infection. Some drainage from your wound may be normal and expected. If there is persistent draining call Dr. Johnson's office.



Steps For Improved Sleep

After surgery sleeping may be difficult. Many patients report sleeping no more than 6 hours at one time. You may have difficulty in falling asleep at night or remaining awake during the day. Here are some suggestions for you to try before asking your doctor for sleeping pills.

- Normal sleep routines and sleep patterns are useful. Bedtime and your morning wake time should be about the same time each day
- Daytime napping for long periods may interfere with sleeping at night
- Avoid caffeine found in coffee, tea, and cocoa
- Use alcohol in moderation

Return to Activity

You should discuss returning to work with Dr. Johnson depending on the type of surgery you had. The actual date depends upon how well you are feeling and the type of work you do.

Driving

- You should NOT drive until Dr. Johnson or his staff gives you permission. Avoid riding in a car for more than 20-30 minute trips. Reclining in the passenger seat may be most comfortable position for you.
- In general, it is recommended to limit time spent in a car at first because of possible exposure to unexpected starts and stops, prolonged vibrations, or motor vehicle injury. You should not drive until you no longer require narcotic analgesics, are out of a neck collar and /or are cleared by your doctor. Once cleared, begin with short trips and get out of the car every 30 to 40 minutes to walk around and reposition.

Getting Out of the Car

- A mid-size or larger car is more comfortable. The back seat of a compact car (2 doors) is not recommended
- You should sit in the front passenger seat as far back as possible and slightly reclined.

To enter the car

- Sit down on the car seat by bending your legs and supporting yourself with your arms.
- Move your hips back and slowly turn the trunk of your body as one unit.
- Swing your legs into the car one at a time.

To exit the car

- Gently turn your body while placing your legs outside the car
- Move your hips forward until your feet are on the ground
- Arise to a standing position with support of your arms

Sexual Activity

Spinal surgery does not preclude sexual activity and can be resumed when surgical pain resolves sufficiently. This could be 1-2 weeks post-surgery. The person who has back or neck pain may be more comfortable in a reclined and bottom position during sex. Either position top or bottom can be used whichever is more comfortable with limited motion.

The side-lying position is another alternative that may be more comfortable. In certain instances, the woman with back pain may be more comfort able on her hands and knees. Other positions not mentioned may be comfortable as well. Pain medications may be taken before sexual activity to help relieve any discomfort. Most people find sexual activity promotes muscle relaxation and eases spasms. Some adjustments may be necessary, but pain associated with spinal surgery need not end a satisfying sexual relationship.



Dental Care/Antibiotics

We recommend avoiding routine dental prophylaxis and simple procedures for 3 months post spinal fusion. From 4-24 months post spinal fusion we recommend antibiotic prophylaxis. If you have immune compromise, Type 1 diabetes mellitus, previous infected spinal fusions or joint replacements we suggest antibiotic prophylaxis for all future dental procedures regardless of timing. Please contact your primary care physician for this medication



ABOUT THE SURGEON

J. PATRICK JOHNSON, MD

RENOWNED NEUROSURGEON AND DIRECTOR OF THE SPINE PRACTICE

J. Patrick Johnson, MD is a renowned neurosurgeon specializing in spinal disorders and has served as the Director of the Institute for Spinal Disorders at Cedars Sinai Medical Center since 2001 and previously as the Director of the UCLA Comprehensive Spine Center from 1993-2001.

He now serves as the Director of the Spine Centers, Director of Education and Co-Director of the Spine Stem Cell Research Program at Cedars Sinai, and as a Director for the California Association of Neurological Surgeons.

Dr. J. Patrick Johnson was born and raised in Montana, the son of the first neurosurgeon in the northern Rocky Mountain five state region, and then he obtained a degree in Chemistry with Honors at The Citadel in Charleston, South Carolina.

He attained both his MD and Master's degree in neuroanatomy and neurophysiology from the Oregon Health Sciences University in Portland, Oregon.

His training in neurosurgery was at UCLA and spine specialty training was at the University of Tennessee in Memphis, Tennessee and the National Hospital for Neurology and Neurosurgery in London, England.



FOUNDATION



We encourage you to visit The Spine Institute
Foundation and learn more about the exciting work
where Dr. Johnson and his team are leading the first
clinical trials on stem cell repair of the spinal cord,
advancing the rapidly growing technology of
computerized and robotic surgery, and has been
proudly training the next generation of future leaders in
spinal surgery for many years.

Dr Johnson is proud of the research and education evolving from this charitable foundation work since it was established in 2009.

Visit spineinstitute.org

8306 Wilshire Blvd. Ste. 344 Beverly Hills, CA 90211

(310) 402-2442



444 South San Vicente Blvd., Ste. 800 Los Angeles, CA 90048

Clinics located in Sacramento and Montana as well

Los Angeles: (310) 423-9792

spine-practice.com