



**PLEASE MUTE Your
MICROPHONES
and
Turn Off Your Cell
Phone Ringer**

**Do Not Answer Phone
Calls During Class.
Thank you!**

GBMC

Pre-Op Class Presentation: Neurosurgery at GBMC

**Presented by: John Silver, RN4 & Emily Iseman, RN4
Created by April Asuncion Higgins, BSN, RN, CMSRN**

Updated 12-16-2025

You **MUST** review the Information from your Surgeon's Office



Pre-operative Testing: Blood Work, Lab Tests, EKG, Echocardiogram



History & Physicals



Medical Clearance (Cardiac and/or Pulmonology)



Home Medication Guidelines Before Surgery



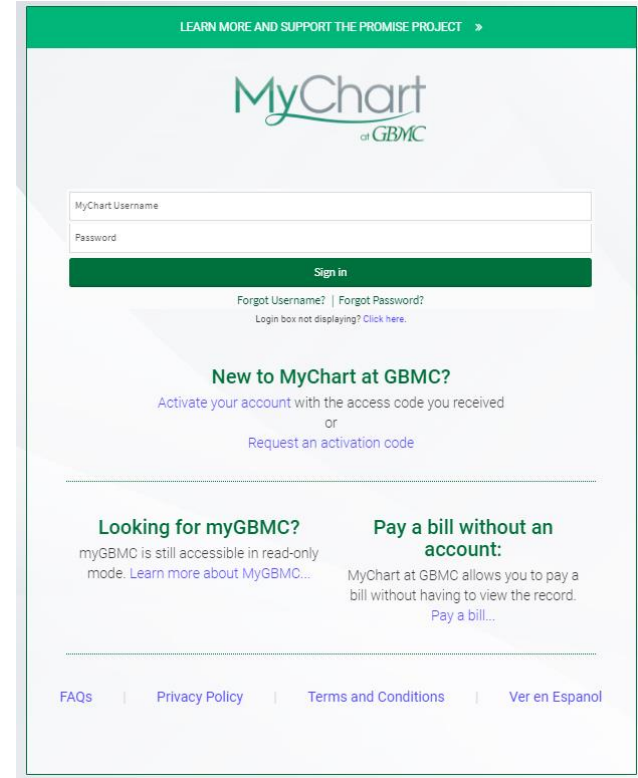
Diet Before Your Surgery, When to Stop Eating and Drinking

"To every patient, every time, we will provide the care that we would want for our own loved ones."

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Sign-up for GBMC MyChart

- **MyChart** will send reminders for your pre-op appointments and appointments while you are in the hospital.
- **MyChart** gives you access to your test results, allows you to communicate with your providers, pay your bill, and helps you to coordinate your healthcare needs.
- On the day of admission: **MyChart** will convert to **MyChart Bedside**, it is your portal for engaging with your care while admitted to the hospital. Empower yourself and your family with access to your care team, clinical data, and health education.



The screenshot shows the GBMC MyChart website. At the top, there is a green banner with the text "LEARN MORE AND SUPPORT THE PROMISE PROJECT" and a right-pointing arrow. Below the banner is the MyChart of GBMC logo. The main content area has a light blue background. It features a login section with two input fields: "MyChart Username" and "Password". Below these fields is a green "Sign in" button. Under the button, there are links for "Forgot Username?", "Forgot Password?", and "Login box not displaying? Click here.". Below the login section, there is a section titled "New to MyChart at GBMC?" with two options: "Activate your account with the access code you received" and "Request an activation code". Below this, there are two columns of text. The left column is titled "Looking for myGBMC?" and states "myGBMC is still accessible in read-only mode. Learn more about MyGBMC...". The right column is titled "Pay a bill without an account:" and states "MyChart at GBMC allows you to pay a bill without having to view the record. Pay a bill...". At the bottom of the page, there is a footer with links for "FAQs", "Privacy Policy", "Terms and Conditions", and "Ver en Espanol".

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Time Sensitive Tasks to Complete Before Your Surgery

➤ Nasal swab for MRSA/MSSA

➤ **Golden window** for completion is within 10-30 days prior to surgery.

➤ Non-Kaiser Permanente patients (GBMC Ortho, GBMC Neurosurgery, Ortho Maryland)

➤ Testing at GBMC Diagnostic Testing Center

➤ **Monday-Friday 8am-4pm, no holidays**

➤ Result valid for 60-days

➤ Preop CHG Wash Kit with directions

➤ Four (4) Showers, begin 3 nights before surgery

➤ Pre-op Questionnaires

➤ Pre-op clearance from your Primary Care team(s), Diagnostic Tests, and blood work

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Diagnostic Center and Laboratory Medicine at GBMC

GBMC Main Hospital 6701 N. Charles St./ Suite 3100/ Towson, MD 21204

MSSA/MRSA preop testing: Monday-Friday 8:00 am-4:00 pm, no holidays

★ GBMC Diagnostic Center Suite #3100 (near the Einstein Bagel Coffee)

- ❖ Pre-op MSSA/MRSA nasal swab: To be completed **10 days to 30 days** prior to your surgery date; the test result is valid for 60-days.
- ❖ Walk-in, **no appointment needed** for the **MSSA/MRSA** nasal swab.
- ❖ Monday-Friday 8am-4pm, no holidays. Sign-in at the front desk.
- ❖ Park at ★ **Iris Parking** (near the East Pavilion Entrance)



For those entering from Iris Park at Pavilion East entrance, proceed down the hallway towards Zone A and turn right once you reach Einstein Bagels. The Diagnostic Testing Center will be the next office on your left.





SHUTTLE STOP



VALET PARKING



VALET SERVICES

Valet services (cash ONLY)
will be available

Monday through Friday

at the following times/locations:

7 a.m. - 6:30 p.m.

- Louis and Phyllis Friedman Building entrance
- Labor & Delivery (OB entrance) the Yaggy Atrium

8:30 a.m. - 5:00 p.m.

- Physicians Pavilion West



SHUTTLE SERVICES

Beginning 11/9/2023 GBMC will
provide shuttle services

on a continuous loop

Monday - Friday

7 a.m. - 5 p.m.

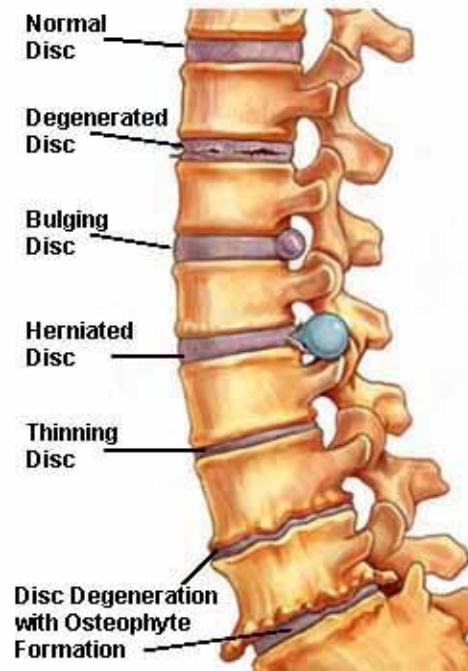
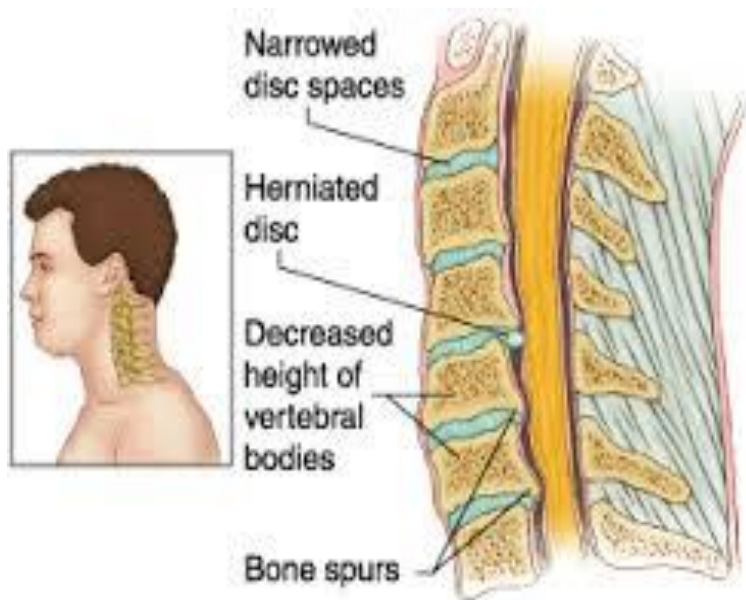
The shuttle accommodates 4 passengers at a time
and will pick up from 3 locations:

- Friedman Building entrance
- PPW, Physicians Pavilion West
- Bus loop, Physicians Pavilion East

Causes of Spinal Pain:

Disc Problems, Bone Spurs, Vertebral Slipping

Examples of Disc Problems



Herniated Disk Video



Spinal Stenosis Video

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Getting Fitted For A Back Brace

- Patient of Dr. Rami or Dr. Dolitsky
 - If you received a prescription for a lumbar back brace or a posterior cervical collar for a multi-level fusion surgery
 - *Must get fitted for your brace prior to surgery*
 - The medical supply company will reach out to you to arrange a fitting date and time (*Bring brace with you when you come in for surgery*)
 - If you are an OrthoMD patient, Dr. Dolitsky, you will be fitted by your surgeon's office. (*Bring brace with you when you come in for surgery*)

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Preparing for Surgery: Health Condition Checklist

How to Prevent Infection and Complications

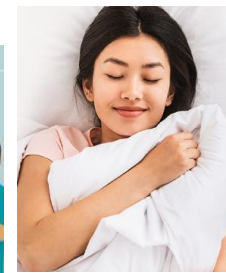


- Control your blood sugar before, during and after your surgery.
- Exercising and healthy weight loss.
- **You must STOP** smoking (including cigars, e-cigarettes and vaping) 2 weeks before surgery and at least 2 months after surgery
- *Keep pets and animals away from the incision site after surgery.*
- Applying fresh linens to bed before surgery. *No pets are to sleep in bed or on the sofa with you until cleared by your surgeon.*

Preparing for Surgery: Health Condition Checklist

How to Prevent Infection and Complications

- Advised no dental work within the 2-weeks prior to surgery and/or the first 3-months after surgery.
- Frequent UTI's, notify your primary team & surgeon.
- Making sure skin is healthy and clean.
- **Recommend no gel/dip/shellac polish** on fingernails.
 - Artificial nails such as acrylics: must be unpolished, a light natural/nude polish is acceptable (can be removed with acetone).
 - Best to have only clear, clean nails.
- Good nutrition with adequate calories and protein.
- Stay hydrated
- Sleep Hygiene



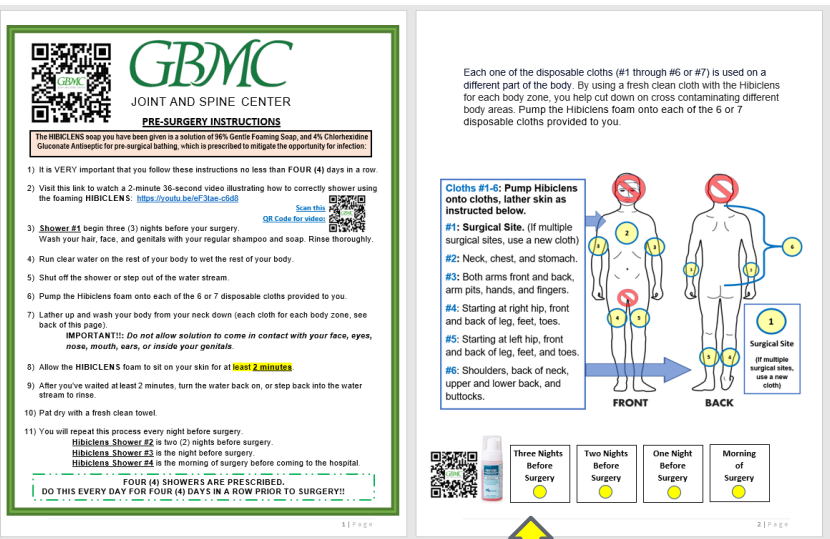
Resources:

- <https://orthoinfo.aaos.org/en/treatment/surgery-and-smoking/>
- [Preparing for Surgery: Health Condition Checklist - OrthoInfo – AAOS](#)
- <https://orthoinfo.aaos.org/en/treatment/preventing-infection-after-joint-replacement-surgery-video/>

Pre-surgery Hibiclens CHG Showers

Preventing Surgical Site Infection: Pre-Op Skin Preparation

- **Hibiclens Shower #1** begin three (3) nights before your surgery
- **Hibiclens Shower #2** is two (2) nights before surgery.
- **Hibiclens Shower #3** is the night before surgery.
- **Hibiclens Shower #4** is the morning of surgery before coming to the hospital.



The GBMC soap you have been given is a solution of 96% Gentle Foaming Soap, and 4% Chlorhexidine Gluconate Antiseptic for pre-surgical bathing, which is prescribed to mitigate the opportunity for infection.

1) It is VERY important that you follow these instructions no less than **FOUR (4)** days in a row.

2) Visit this link to watch a 2-minute 36-second video illustrating how to correctly shower using the foaming HIBICLENS: <https://youtu.be/tF3aac-c5d8>

3) **Shower #1** begin three (3) nights before your surgery.
Wash your hair, face, and genitals with your regular shampoo and soap. Rinse thoroughly.

4) Run clear water on the rest of your body to wet the rest of your body.

5) Shut off the shower or step out of the water stream.

6) Pump the Hibiclens foam onto each of the 6 or 7 disposable cloths provided to you.

7) Lather up and wash your body from your neck down (each cloth for each body zone, see back of this page).

8) Allow the HIBICLENS foam to sit on your skin for at least **2 minutes**.

9) After you've waited at least 2 minutes, turn the water back on, or step back into the water stream to rinse.

10) Pat dry with a fresh clean towel.

11) You will repeat this process every night before surgery.

Hibiclens Shower #2 is two (2) nights before surgery.
Hibiclens Shower #3 is the night before surgery.
Hibiclens Shower #4 is the morning of surgery before coming to the hospital.

FOUR (4) SHOWERS ARE PRESCRIBED.
DO THIS EVERY DAY FOR FOUR (4) DAYS IN A ROW PRIOR TO SURGERY!!

Each one of the disposable cloths (#1 through #6 or #7) is used on a different part of the body. By using a fresh clean cloth with the Hibiclens for each body zone, you help cut down on cross contaminating different body areas. Pump the Hibiclens foam onto each of the 6 or 7 disposable cloths provided to you.

Cloths #1-6: Pump Hibiclens onto cloths, lather skin as instructed below.

#1: Surgical Site. (if multiple surgical sites, use a new cloth)

#2: Neck, chest, and stomach.

#3: Both arms front and back, arm pits, hands, and fingers.

#4: Starting at right hip, front and back of leg, feet, toes.

#5: Starting at left hip, front and back of leg, feet, and toes.

#6: Shoulders, back of neck, upper and lower back, and buttocks.

FRONT **BACK**

Surgical Site (if multiple surgical sites, use a new cloth)

Three Nights Before Surgery

Two Nights Before Surgery

One Night Before Surgery

Morning of Surgery

Check off each yellow circle after your Hibiclens CHG shower



Hibiclens CHG Shower Video
Please note **GBMC J&S Center** requires patients to **complete 4 showers at home** before surgery



DO NOT FLUSH

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4 Days of Pre-surgery CHG Showers



<https://youtu.be/eF3tae-c6d8>

Hibiclens Shower Video

Please note **GBMC J&S Center** requires patients to **complete 4-showers at home** before surgery

- Pre-Surgical Scrub: 4% Chlorhexidine gluconate (CHG).
- **Four (4) Total CHG Showers at home.**
- **Begin three (3) nights before surgery, the 4th shower is the last application on the morning of surgery** before coming to the hospital.
- Apply the CHG foam (two pumps) onto your 6 or 7 disposable cloths, lather the solution onto skin.
Leave on skin for 2-5 minutes.
- Then rinse with shower water. Pat dry with a fresh clean towel.
- Avoid contact with your eyes, ears, mouth, and genitals.
- Do **NOT shave** or use **hair removal lotions, deodorant, perfume, lotion, creams, or oils** on your body.

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What if I do not have anyone to help wash my back?



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Lung Exercises: Before Surgery & After Surgery

Purpose:

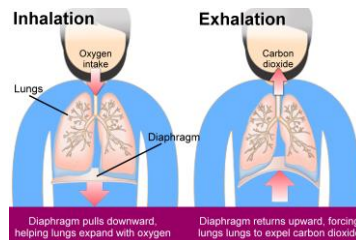
These exercises will help to optimize the functions of your lungs when breathing in and out, increasing oxygen and carbon dioxide exchange before, during, and after surgery.

Will help prevent complications such as pneumonia infection and/or collapse of lungs. Improves wound healing.

- **Before surgery:** At least 30 times throughout the day, starting in the morning.
- **After surgery:** 10 times an hour when awake.

➤ Deep Breathing & Coughing

1. Sit upright.
2. Take a few slow breaths, then take a slow, deep breath in through your nose.
3. Hold your breath for 2-5 seconds.
4. Gently and Slowly breathe out through your mouth making an “O” shape.
5. Repeat 10-15 times.



➤ Incentive Spirometer

1. Exhale.
2. Place mouth on mouthpiece.
3. Take a slow, **deep breath in** and hold for 5-10 seconds.
4. Exhale.



MyChart
at GBMC

How to Properly Use an
Incentive Spirometer

What to Bring to the Hospital

- Your ID card and Insurance card/Medicare card
- Advance directive
- List of home medications (leave actual medications at home)
- Preop CHG wash form
- Bring in glasses, contact lenses, hearing aids, and dentures
- Regular clothing
 - Loose fitting shorts or pants; elastic waist is easiest, under garments
 - Walking shoes with good ankle support (no open heel shoes). Do not buy new shoes - bring something comfortable
- **Back brace** (For multi-level spinal fusions, your surgeon will order and have you fitted for one before your surgery date)
- Shoe inserts or splints that you normally use
- CPAP machine** (if you have sleep apnea)



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SHUTTLE STOP



VALET PARKING



N

Labor & Delivery

D

P

BLUEBELL PARK

CLOSED

SANDRA R. BERMAN PAVILION

BERMAN LOT

P

SANDY'S WAY

V

S

LOUIS AND PHYLLIS FRIEDMAN BUILDING

GOR 4th floor

EMERGENCY DEPARTMENT

LILY PARK

P

TULIP PARK

P

PHYSICIANS PAVILION NORTH

GATEHOUSE DRIVE

DAFFODIL PARK

P

CLOSED

Diagnostic Center LAB

PHYSICIANS PAVILION EAST

S

V

S

Pavilion West

Pavilion East

IRIS PARK

S

SHUTTLE STOP

V

VALET PARKING

N

NORTH CHARLES STREET

**VALET SERVICES**

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8:30 a.m. - 5:00 p.m.

- PPW, Physicians Pavilion West

**SHUTTLE SERVICES**

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The shuttle accommodates 4 passengers at a time
and will pick up from 3 locations:

- Friedman Building entrance
- PPW, Physicians Pavilion West
- Bus loop, Physicians Pavilion East (PPE)

Arriving to the Hospital on the Day of Surgery

- Arrive at the hospital at least **2 hours** before your surgery time.
- Park in **Lily Garage**.
- Take elevator to the main floor to enter Lobby E.
- Lobby E is on the 3rd floor of main hospital.



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Directions to the General Operating Room (GOR)

- Once inside, **Lobby E**, walk down the corridor, you will pass a sitting area on the LEFT.



- Continue until you reach elevator E.
- Take **Elevator E** on the left to the 4th floor



- When you exit the elevator walk straight forward to the GOR registration desk.



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Post-op Infection Prevention

- First dose: after surgery upon arrival to U58
 - Same-day discharge given in PACU
- Next dose: at 9 pm, then every 12 hours
- Continue every 12 hours until your 1st post-op visit or until the bottle is empty (30 days)



Nozin® Nasal Sanitizer® Multidose 12ML Bottle
How to Apply

Clean nostrils with a tissue. Discard.



1. Shake



Shake bottle well.
Remove cap.

2. Saturate



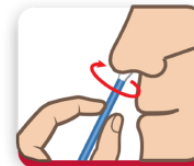
Apply **four (4) drops** of solution onto cotton swab tip.

3. Apply



Insert swab tip into **RIGHT** nostril. Swab **eight (8)** times clockwise and **eight (8)** times counterclockwise.

4. Swab



Ensure swab rotation covers all surfaces, including the inside tip of the nostril.

5. Saturate Again



Re-saturate the swab tip by applying **two (2) drops** of solution.

6. Apply Left Nostril



Repeat application **steps 3 - 4** in the **LEFT** nostril.

Do not use if you have allergy to citrus oil, or you have nasal bleeding or irritation.

Intended Use: Nozin® Nasal Sanitizer® is a topical antiseptic used to decrease bacteria on the nasal vestibule skin.

Active Ingredient: Alcohol 62%.

Precautions: Do not extend applicator into nose beyond swab tip. Please also refer to Instructions for Use (IFU), product package and Nozin.com.

Nozin.
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Do you have an **orange fruit oil allergy?**

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Pain Management

- Pain scale 0-10
 - “0” means no pain
 - “10” means the worst pain that you have ever had
- Remember: You should **not** expect your pain level to be “0” after surgery
- Pain medications are available as needed (prn), you must ask for your pain medications.
- **Call** your nurse when you are experiencing pain above your goal

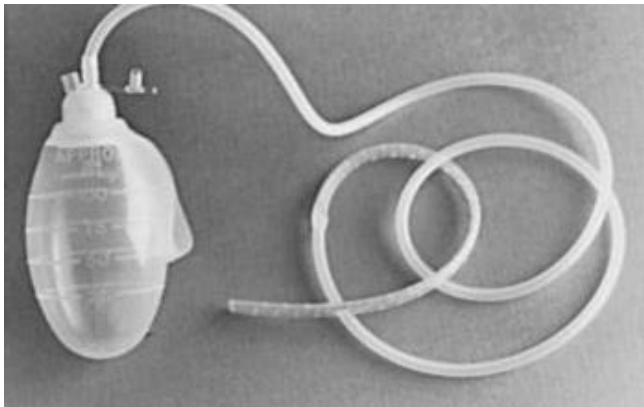


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Surgical Drains

- A surgical drain is a tube used to collect blood or other fluids from a wound
- If you need a drain, it will be placed by your surgeon during your surgery



Jackson Pratt (JP Drain)
(Anterior Cervical Fusions)



Hemovac Drain
(Some Lumbar Surgeries,
Posterior Cervical Fusion)

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Cervical Collar

- For patients having cervical surgery:
 - Your surgeon may order a soft collar or a hard collar depending on the type of surgery
 - Patients are usually ordered a soft collar for comfort and maintaining spine precaution



Soft Collar



Philadelphia



Aspen

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Lumbar Brace

- For patients having a lumbar fusion
 - Your surgeon may order a brace to wear when you are out of bed
 - You need to be fitted for your brace prior to surgery
 - Call **Synergy Orthopedics**: 443-681-8971
 - Bring your brace to the hospital



LSO



TLSO



Insurance only covers for one back brace -
Do not give or throw away your brace!

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Abdominal Binders



- These are supplied by GBMC on your day of surgery
- Lumbar fusions: worn while in bed for comfort
- Lumbar Laminectomy and Microdiscectomy: worn for comfort

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Fall Prevention Risk

- **Red** non-skid socks will be placed on you, signaling that you are at a high risk for experiencing a fall
- Do **NOT** get up without the help staff assisting you.
- Use walker
- Use your call bell



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SPINAL PRECAUTIONS

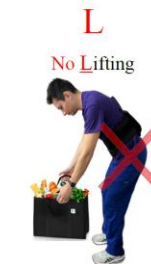


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Greater Baltimore Center for Rehabilitation Medicine
Acute Care Physical & Occupational Therapy
Spinal Precautions



Spinal Precautions Video



Spinal Precautions Video

Discharge Day (from Unit 58)

- Neurosurgical team will need to clear you for discharge or transfer.
- You must be cleared to go home by both Physical & Occupational Therapy.
- You will need to know your spinal precautions.

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Average Length of Hospital Stay

- Microdiscectomy, laminectomy, etc: Same-day discharge home from the PACU or overnight stay
- Cervical Fusion: Anterior approach (from the front), overnight stay
- Cervical Fusion: Posterior approach (from the back), 1-3 days
- Lumbar Fusion: minimum 2-4 nights stay

***YOU WILL NEED SOMEONE TO DRIVE YOU HOME
WHEN YOU ARE RELEASED FOLLOWING SURGERY!***

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Discharge Instructions

Your discharge nurse will provide verbal and written discharge instructions from your surgeon located on the printed **After Visit Summary (AVS)** packet:

- **Medication(s) ordered by your surgeon:**
 - pain management, preventing constipation, Nozin, etc.
- **Surgical Dressing and Wound Care on your AVS.**
- **Daily CHG Showers**
 - No soaking in the bath for at least 4wks
- **Activity:**
 - Precautions – no lifting over 8-10lbs
 - No driving until cleared by your surgeon
- **Follow Up and When to Notify Your Surgeon's Office.**

The image shows a printed discharge instructions packet from GBMC. The header includes the title "DISCHARGE INSTRUCTIONS" and the GBMC logo. Patient information is listed: Patient NAME MRN: 000xxxxx, Date of birth: xx/xx/19xx, and a diagnosis of Osteoarthritis (arthritis due to wear and tear of joints). The date of the visit is 1/29/2024, and the unit is 58 - Ortho/ENT. The address is Greater Baltimore Medical Center, 6701 North Charles Street, Baltimore, MD 21204.

The packet is divided into several sections:

- Instructions:** A red icon indicates that medications have changed. It lists "START taking: acetaminophen (TYLENOL), aspirin, ethyl alcohol (NOZIN), sennosides-docusate sodium (SENNA-S), and tramadol (ULTRAM)." It also lists "CHANGE how you take: oxycodone (ROXICODONE)." A link to review details of medication changes is provided.
- Activity instructions:** A blue icon indicates activity instructions. It thanks the patient for working with the rehab team and lists five safety tips: 1. Keep hallways and entryways free of objects, 2. Remove or tack down throw rugs, 3. Improve lighting throughout the home, 4. Use nonslip mats in the tub or shower, and 5. Move frequently used items to easy-to-reach areas. It also mentions the rehab team and Physical Therapy & Occupational Therapy.
- Your Next Steps:** A blue icon indicates next steps. It lists medications to take: acetaminophen, aspirin, ethyl alcohol, oxycodone, sennosides-docusate sodium, and tramadol. It also lists the date and time of the next visit: FEB 8, 1st Post OP 1:00 PM, and the location: Leroy M Schmidt, MD, Ortho at Padonia Road, 63 E Padonia Road, Timonium MD 21093-2306, 443-589-5500. It also mentions the office location at 63 E Padonia Road, Timonium, MD 21093, and provides instructions on bringing insurance information and a copayment.
- MyChart Signup Information:** A blue icon indicates MyChart signup information. It provides a link to the MyChart portal and instructions on how to sign up.

The footer includes the patient name, MRN, date of birth, and the date and time of printing: 1/30/2024 11:54 AM. It also includes the page number: Page 1 of 17, and the GBMC logo.

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Notify Your Surgeon

- If weakness, numbness, or pain worsens
- If you have trouble swallowing, swelling/mass, increase hoarseness to your voice
- A temperature above 100.5
- Notify the office immediately for any drainage, redness, tenderness, swelling.

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Preventing Surgical Site Infection

- Use Hibiclens Foam CHG with daily showers.
- Use each day for 5 days, for any concerns check with your surgeon if you need to use this past this point
- Nozin: Continue every 12 hours until your 1st post-op visit or until the bottle is empty (30 days, twice a day)



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What Should My Incision Look Like?

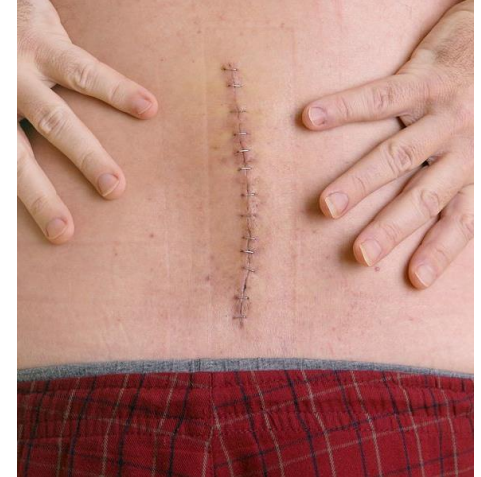
Minimal redness, no drainage and no swelling.



Anterior Cervical
Fusion



Posterior Cervical
Fusion



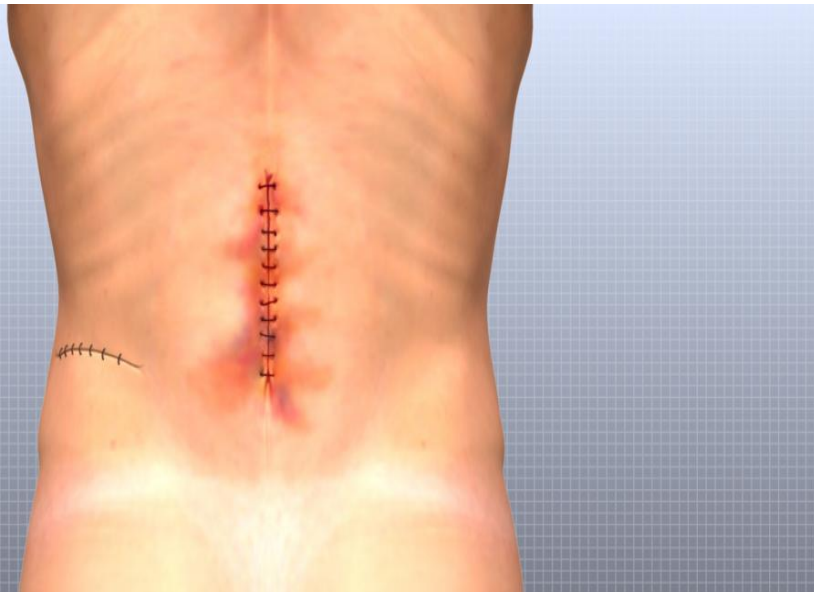
Lumbar Surgery

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What Should My Incision **NOT** Look Like?

Swelling, spreading redness, warmth, tenderness, drainage.

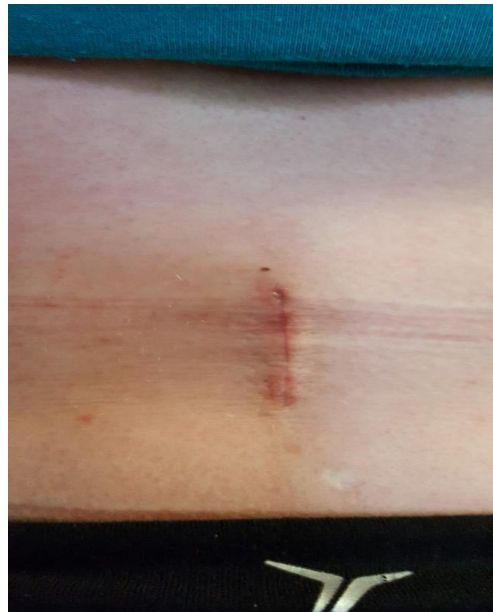


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What Should My Incision **Not** Look Like?

Do not let your waist band rub across your incision!



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Bone Growth Therapy



- If you are undergoing a spinal fusion procedure, you may be prescribed a **Bone Growth Stimulator** if deemed medically necessary.
- This is a nonsurgical, durable medical equipment treatment that improves your opportunity for a successful fusion by activating the body's natural healing process.
- You will be contacted by the rep of the bone growth stimulator following your discharge home from the hospital/rehab.
- They will explain your insurance benefits and schedule your delivery and training appointment.

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Thank you for choosing GBMC for your Spine Surgery!



Joint and Spine Center
6701 N Charles St
Towson, MD 21204
Phone: 443-849-6261

Email: jointspinecenter@gbmc.org

Website: www.gbmc.org/JointandSpine

ACTIVATE your MyChart today



GBMC
HEALTHCARE

Malcolm Baldrige
National Quality Award
2019 Award Recipient