Dear patient,

We just received notification that you will be having neurosurgery at Greater Baltimore Medical Center (GBMC). There are few time sensitive tasks that you must complete before your surgery date to ensure that your spine surgery is not canceled or delayed. If you could please call back or respond to this letter, we can help schedule you for these pre-op tasks:

1. Activate your MyChart at GBMC
   - MyChart at GBMC - Patient Portal - GBMC HealthCare - Towson/Baltimore, MD

2. Your Pre-op MSSA/MRSA Test
   - This test must be complete before your surgery date at GBMC Diagnostic Center in the Main Hospital, 7601 N. Charles Street, Towson, MD 21204
     - Suite #3100 (across from Einstein Bakery)
     - Walk-in, no appointment needed: Monday-Friday 8am-11am only, no holidays

3. GBMC’s Joint & Spine Center Pre-Op Supplies will be provided to you free of charge:
   - 4-bottles of your pre-op skin prep wash and a packet of disposable cloths
   - GBMC Joint & Spine Center Welcome Packet
   - GBMC Joint & Spine Center gift tote

4. Complete your Questionnaires in MyChart
   - Spine Discharge Planning Questionnaires
   - International Prostate Symptom Screening tool (Males patients ONLY)
   - These surveys must be completed before your surgery date
   - If you do not have e-mail, please mail in the forms

5. Register to attend GBMC’s Virtual/Online Spine Pre-Op Class
   - Online registration:
     - https://gbmchealthcare.formstack.com/forms/jointspineclass
     - Or call/e-mail GBMC Joint & Spine Center
   - Register as soon as possible, classes are limited
     - On most Tuesday from 9:00-11:00 am, online class through Microsoft Teams

Thank you for choosing GBMC for your joint replacement surgery. We are available Monday to Friday, 8am-4pm. We look forward to hearing from you.

Warm regards,

April Asuncion-Higgins, RN, BSN, CMSRN GBMC
Joint and Spine Clinical Program Manager

6701 N. Charles St., Suite 5835
Towson, MD 21204

gbmc.org/jointandspine
jointspinecenter@gbmc.org
443-849-6281 or 443-849-6261
<table>
<thead>
<tr>
<th>Task</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Place an X when task is completed</td>
<td>Surgeon &amp; Date of your surgery: ___________________________________________________________________________________________________________________________________________________________________________________________________________</td>
</tr>
<tr>
<td>Activate your GBMC MyChart</td>
<td>Online link on Welcome E-mail</td>
</tr>
<tr>
<td>Schedule your GBMC Preop Class: offered Tuesday 9am</td>
<td>Date of Class: ___________________________________________________________________________________________________________________________________________________________________________________________________________</td>
</tr>
<tr>
<td>Did you receive your J&amp;S Center Spine Packet?</td>
<td>YES NO</td>
</tr>
<tr>
<td>Did you receive your CHG wash kit? (4-bottles, pack of disposable cloths, and instructions)</td>
<td>Begin using 3-days BEFORE surgery, a total of 4-CHG showers at home.</td>
</tr>
<tr>
<td>Pre-op MSSA/MRSA test at GBMC’s Diagnostic Center.</td>
<td>Walk-in, no appointments needed. Monday-Friday 8am-11am ONLY, no holidays.</td>
</tr>
<tr>
<td>If you are having a lumbar or thoracic fusion surgery, you will need to be fitted for a brace before surgery.</td>
<td><strong>Bring this brace with you on the day of surgery.</strong> Call Synergy Orthopedics to schedule fitting: 443-681-8971</td>
</tr>
<tr>
<td>Complete Questionnaires Before Your Pre-op Class/Surgery Date:</td>
<td>Discharge Questionnaire IPSS (Male patients) YES MyChart YES MyChart</td>
</tr>
<tr>
<td>Notes:</td>
<td></td>
</tr>
<tr>
<td>If you are missing any of these items or need assistance:</td>
<td>Please call 443-849-6261 April or Christine</td>
</tr>
</tbody>
</table>
Spine Surgery: Discharge Planning Questionnaire

This information is a vital part of our hospital’s plan to provide the best follow-up care possible for you.

Name: __________________________ Date of Birth: ___ / ___ / ____ Age: ______
Address: _________________________ Phone # (home) ________________________
________________________________ (Cell) __________________________

Today’s Date: ___ / ___ / ____ Email Address: ________________________________

Type of surgery (circle one):
- Lumbar Laminectomy Fusion
- Anterior Cervical Fusion
- Transverse Lumbar Interbody Fusion
- Posterior Cervical Fusion
- Anterior Lumbar Interbody Fusion

Date of Surgery: ________________ Name of Surgeon: _________________________

Any citrus allergy? Yes or No Any history of nausea or vomiting after surgery? Yes or No
Any history of having methicillin-resistant staphylococcus aureus (MRSA), Staph Aureus
infections, or boils on the skin? Yes or No (if yes, where and when?) _________________
Do you have any pets or work with animals? Yes or No
Any history of urinary retention, enlarged prostate, pelvic prolapse? Yes or No

Preferred Pharmacy: ____________________________ Phone #: __________________

**Current pain level** (0-10) Please circle where you would rate your pain level at this time-

0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10

None | Mild | Moderate | Severe

Please circle **pain goal** after surgery (A score of “0” is not an option)

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10

Mild | Moderate | Severe

Please state your reason(s) for reaching this pain goal: (ex: “I want my pain level to be a 3 out of 10 so that I will be able to bend down and kneel to garden, again.”) _________________
# International Prostate Symptom Score (I-PSS)

**Patient Name:** ______________________  **Date of birth:** ________  **Date completed:** ________

<table>
<thead>
<tr>
<th>In the past month:</th>
<th>Not at All</th>
<th>Less than 1 in 5 Times</th>
<th>Less than Half the Time</th>
<th>About Half the Time</th>
<th>More than Half the Time</th>
<th>Almost Always</th>
<th>Your score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Incomplete Emptying</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>How often have you had the sensation of not emptying your bladder?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>2. Frequency</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>How often have you had to urinate less than every two hours?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>3. Intermittency</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>How often have you found you stopped and started again several times when you urinated?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>4. Urgency</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>How often have you found it difficult to postpone urination?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>5. Weak Stream</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>How often have you had a weak urinary stream?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>6. Straining</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>How often have you had to strain to start urination?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>7. Nocturia</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>How many times did you typically get up at night to urinate?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
</tr>
</tbody>
</table>

**Total I-PSS Score**

- **Score:**
  - 1-7: *Mild*
  - 8-19: *Moderate*
  - 20-35: *Severe*

**Quality of Life Due to Urinary Symptoms**

<table>
<thead>
<tr>
<th>Delighted</th>
<th>Pleased</th>
<th>Mostly Satisfied</th>
<th>Mixed</th>
<th>Mostly Dissatisfied</th>
<th>Unhappy</th>
<th>Terrible</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>

**If you were to spend the rest of your life with your urinary condition just the way it is now, how would you feel about that?**

---

*To be Completed by Male Patients ONLY*  
Complete this questionnaire *only if you do not have an e-mail address.*  
Please mail it back to: GBMC's Joint & Spine
About the I-PSS
The International Prostate Symptom Score (I-PSS) is based on the answers to seven questions concerning urinary symptoms and one question concerning quality of life. Each question concerning urinary symptoms allows the patient to choose one out of six answers indicating increasing severity of the particular symptom. The answers are assigned points from 0 to 5. The total score can therefore range from 0 to 35 (asymptomatic to very symptomatic).

The questions refer to the following urinary symptoms:

<table>
<thead>
<tr>
<th>Questions</th>
<th>Symptom</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Incomplete emptying</td>
</tr>
<tr>
<td>2</td>
<td>Frequency</td>
</tr>
<tr>
<td>3</td>
<td>Intermittency</td>
</tr>
<tr>
<td>4</td>
<td>Urgency</td>
</tr>
<tr>
<td>5</td>
<td>Weak Stream</td>
</tr>
<tr>
<td>6</td>
<td>Straining</td>
</tr>
<tr>
<td>7</td>
<td>Nocturia</td>
</tr>
</tbody>
</table>

Question eight refers to the patient’s perceived quality of life.

The first seven questions of the I-PSS are identical to the questions appearing on the American Urological Association (AUA) Symptom Index which currently categorizes symptoms as follows:

- Mild (symptom score less than or equal to 7)
- Moderate (symptom score range 8-19)
- Severe (symptom score range 20-35)

The International Scientific Committee (SCI), under the patronage of the World Health Organization (WHO) and the International Union Against Cancer (UICC), recommends the use of only a single question to assess the quality of life. The answers to this question range from “delighted” to “terrible” or 0 to 6. Although this single question may or may not capture the global impact of benign prostatic hyperplasia (BPH) Symptoms or quality of life, it may serve as a valuable starting point for a doctor-patient conversation.

The SCI has agreed to use the symptom index for BPH, which has been developed by the AUA Measurement Committee, as the official worldwide symptoms assessment tool for patients suffering from prostatism.

The SCI recommends that physicians consider the following components for a basic diagnostic workup: history; physical exam; appropriate labs, such as U/A, creatine, etc.; and DRE or other evaluation to rule out prostate cancer.
GBMC Diagnostic Center
Suite #3100 (across from Einstein Bakery)

- Pre-op MSSA/MRSA nasal swab: To be completed no later than 7 business days to 60 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-11am ONLY, no holidays.
- Parking at Iris Parking (closest)
  For those entering from Iris Park at Pavilion East entrance, proceed down the hallway and turn right once you reach Einstein Bagels. The center will be the next office on your left.
- Parking at Lily Park (near ER/ED)
  Upon entering GBMC Lobby E walk straight down the hall until you reach the main concierge desk, turn left down the first hallway. You will pass the Chapel and Spiritual Services, proceeding to the center prior to arriving at Einstein Bagels.
Information for Patients with Positive Nasal Screens for MSSA (Methicillin-sensitive Staphylococcus aureus) or MRSA (Methicillin-resistant staphylococcus aureus)

One important part of your preoperative evaluation is the identification of possible sources of infection. It is important to diagnose and treat any infections prior to surgery to reduce the risk of infection after surgery. This process involves specific testing done at GBMC’s Ambulatory Testing Center (ATC) to comply with GBMC’s Joint or Spine Program protocol.

At the ATC the MSSA/MRSA nasal swab will be obtained at the same time as your preoperative COVID-19 test. The MSSA/MRSA nasal culture will check for the presence of staphylococcal bacteria. Staphylococcal bacteria can be present on the skin and in the nose of healthy individuals without symptoms (known as colonization). A positive nasal screen does not mean you are infected nor will your surgery be cancelled.

If your culture shows the presence of Staphylococcus aureus or Methicillin-resistant Staphylococcus aureus (MRSA), a form of the bacteria that is resistant to commonly used antibiotics, your care team will be notified.

1. **Pre-op CHG wash:** You will be given a Pre-op CHG Wash Kit from the Joint & Spine Center. Your CHG preop wash starts three nights before surgery with the fourth wash the morning before you come to the hospital for your surgery. Your surgeon may need you to continue to use the CHG wash when you are discharged home. Follow the instructions you are given for the CHG antiseptic. The morning of your surgery, your pre-op nurses will have you wash your skin with a chlorhexidine gluconate (CHG) wipes. Using CHG on your skin will reduce your risk of getting an infection.

2. **Pre-op IV Antibiotic(s):** On the day of surgery, once you are admitted into the pre-op area, IV antibiotics will be infused. Ancef, Vancomycin, or both if you are positive for MRSA.

3. **Pre-op MSSA/MRSA decolonizing nasal cleanser:** Nozin® Nasal Sanitizer® is advanced antiseptic for nasal decolonization of germs that can transfer into the surgical incision site. The morning of your surgery your nurse in the pre-op area will clean the inside of your nose with Nozin®.

4. **Post-op MSSA/MRSA decolonizing nasal cleanser:** After surgery, you will continue to use the post-op Nozin® Nasal Sanitizer® every 12 hours until your post-op wound check with your surgeon or until the 12-mL bottle is empty (30 days/twice a day).

**Instructions for Post-op Nozin® Nasal Sanitizer®:**

All Joint & Spine patient cohorts regardless of their MSSA/MRSA results will be participating in this decolonizing regimen. The picture below shows how to clean the inside of your nose. This nasal sanitizer removes MSSA/MRSA and harmful germs that are harboring inside your nose, reducing your risk of getting an infection.

- Once you are admitted to the nursing unit after your surgery, your nurse will provide you with a Post-op Nozin® Nasal Sanitizer® 12 mL kit that includes a starter supply of cotton applicators. **Do not misplace or throw away the box.** You can use any over the counter cotton swab.
- The nurse will scan the box barcode into your electronic medication administration record (eMAR)
- Your first dose after surgery will be on arrival to the unit.
- Your second dose will be at 9 pm that same day of your surgery.
- You will continue to clean the inside of your nose every 12 hours as instructed, 9 am and 9 pm, everyday until your post-op wound check or until the bottle is empty (30 days, twice a day).
How to Apply Nozin®: (see Figure 1 image on next page)

1. Shake the 12-mL bottle well. Remove Cap.
2. Saturate the cotton applicator: Apply four (4) drops of solution onto cotton swab tip.
3. Apply: Insert swab tip into the 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. Re-saturate Again: Re-saturate the swab tip by applying two (2) drops of solution.
6. Apply to Left Nostril: Repeat application steps 3-4 in the LEFT nostril.

How can you prevent infections after surgery? The most important thing you can do is wash your hands regularly. You should wash your hands frequently with soap and water or use an alcohol-based hand sanitizer.

- Don’t shave near where you will have surgery. Shaving with a razor can irritate your skin and make it easier to develop an infection.
- Wash with the Preop CHG solution as directed, starting 3 nights before surgery, last CHG shower is the morning of surgery; a total of 4 CHG showers.
- Keep any wounds clean and change your bandages the way your healthcare provider taught you. Clean your hands before and after changing your bandages.
One risk of having surgery is an infection at the surgical site (any cut the surgeon makes in the skin to perform the operation). Surgical site infections can range from minor to severe or even fatal. This sheet tells you more about surgical site infections, what hospitals are doing to prevent them, and how they are treated if they do occur. It also tells you what you can do to prevent these infections.

What Causes Surgical Site Infections?
Germs are everywhere. They're on your skin, in the air, and on things you touch. Many germs are good. Some are harmful. Surgical site infections occur when harmful germs enter your body through the incision in your skin. Some infections are caused by germs that are in the air or on objects. But most are caused by germs found on and in your own body.

What Are the Risk Factors for Surgical Site Infections?
Anyone can have a surgical site infection. Your risk is greater if you:

- Are an older adult.
- Have a weakened immune system or other serious health problem such as diabetes. Smoke.
- Are malnourished (don't eat enough healthy foods).
- Are very overweight.
- Have a wound that is left open instead of closed with sutures.

What Are the Symptoms of a Surgical Site Infection?
The infection usually begins with increased redness, pain, and swelling around the incision. Later, you may notice a greenish-yellow discharge from the incision. You are also likely to have a fever and may feel very ill.

Symptoms can appear any time from hours to weeks after surgery. Implants such as an artificial knee or hip can become infected a year or more after the operation.

How Are Surgical Site Infections Treated?
- Most infections are treated with antibiotics. The type of medication you receive will depend on the germ causing the infection.
- An infected skin wound may be reopened and cleaned.
- If an infection occurs where an implant is placed, the implant may be removed.
- If you have an infection deeper in your body, you may need another operation to treat it.

Preventing Surgical Site Infections: What Hospitals Are Doing
Many hospitals take these steps to help prevent surgical site infections:

Handwashing: Before the operation, your surgeon and all operating room staff scrub their hands and arms with an antiseptic soap.

Pre-op CHG wash: The morning of your surgery, your pre-op nurses will have you wash your skin with a chlorhexidine gluconate (CHG) solution. Using CHG on your skin will reduce your risk of getting an infection. Our goal is to keep you from getting an infection.

Pre-op MSSA/MRSA decolonizing nasal cleanser: Nozin® Nasal Sanitizer® is advanced antiseptic for nasal decolonization of germs that can transfer into the surgical incision site. The morning of your surgery your nurse will clean the inside of your nose with Nozin®.
Clean skin: The site where your incision is made is carefully cleaned with an antiseptic solution. Sterile clothing and drapes: Members of your surgical team wear medical uniforms (scrub suits), long-sleeved surgical gowns, masks, caps, shoe covers, and sterile gloves. Your body is fully covered with a sterile drape (a large sterile sheet) except for the area of the incision. Clean air: Operating rooms have special air filters and positive pressure airflow to prevent unfiltered air from entering the room. Careful use of antibiotics: Antibiotics are given no more than 60 minutes before the incision is made and stopped shortly after surgery. This helps kill germs but avoids problems that can occur when antibiotics are taken longer. Controlled blood sugar levels: After surgery, blood sugar levels are watched closely to make sure it stays within a normal range. High blood sugar delays wound healing. Controlled body temperature: A lower-than-normal temperature during or after surgery prevents oxygen from reaching the wound and makes it harder for your body to fight infection. Hospitals may warm IV fluids, increase the temperature in the operating room, and provide warm-air blankets. Proper hair removal: Any hair that must be removed is clipped, not shaved with a razor. This prevents tiny nicks and cuts through which germs can enter. Wound care: After surgery, a closed wound is covered with a sterile water-resistant dressing.

Preventing Surgical Site Infections: What Patients Can Do

- Ask questions. Learn what your hospital is doing to prevent infection.
- Your doctor and the Joint & Spine Center of GBMC will order an MSSA/MRSA PCR nasal swab test, give you a CHG Wash Kit with instructions for use. The CHG preop wash starts three nights before surgery with the fourth wash the morning before you come to the hospital for your surgery. Your surgeon may need you to continue to use the CHG wash when you are discharged home. Follow the instructions you are given for the CHG antiseptic.
- If you smoke, stop or cut down. Ask your doctor about ways to quit.
- Take antibiotics only when told to by a healthcare provider. Using antibiotics when they're not needed can create germs that are harder to kill. Also, finish all your antibiotics, even if you feel better.
- Be sure healthcare workers clean their hands with soap and water or with an alcohol-based hand cleaner before and after caring for you. Don't be afraid to remind them.
- After surgery, you will continue to use the Post-op Nozin® Nasal Sanitizer® every 12 hours until your post-op wound check with your surgeon or until the 12 mL bottle is empty (30 days/twice a day).
- When you return home, care for your incision as directed by your doctor or nurse.
- Eat a healthy diet.

Call Your Doctor If You Have Any of the Following:

- Increased soreness, pain, or tenderness at the surgical site.
- A red streak, increased redness, or puffiness near the incision.
- Yellowish or bad-smelling discharge from the incision.
- Stitches that dissolve before the wound heals.
- Fever of 101 °F or higher.
- A tired feeling that doesn't go away.
How to use the CHG solution skin treatment before your procedure or surgery

Prior to surgery, you should clean your skin with chlorhexidine gluconate (CHG) solution. Using CHG on your skin will reduce your risk of getting an infection. It is very important that you follow these directions every night, starting three nights before your surgery, and on the morning of surgery.

Why do I need to take a shower and then apply the CHG solution?

- Using the CHG on your skin after using soap and shampoo and rinsing is the best way to remove germs from your skin.
- This helps keep you from getting an infection from germs (known as "superbugs") that are difficult to treat.
- Surgeries, drains, some medicines, and being ill make it easier to get an infection.
- CHG works for 24 hours.

How to use the CHG solution skin treatment:

- **Starting three nights** before your procedure, take a shower with your regular soap and rinse.
- Wash hair with regular shampoo and rinse.
- Turn off the shower. Place a large amount of CHG solution on 6 disposable cloths.
- Apply the CHG onto your skin, from your neck down. **Apply the CHG in the order shown on picture below, starting at number 1 and ending at number 6.** Use one cloth for each area of the body.
- Do not allow CHG to come in contact with your face, eyes, nose, mouth, ears, and genitals.
- Allow the CHG to sit on your skin for 2-5 minutes. Rinse with water.
- Pat dry with clean towel.
- Do not use any lotion, oils, ointments, topical medication, or hair removing lotions.
- Wear clean clothes and sleep on clean sheets.
- **Do this again every night and in the morning before your procedure.** Place a check mark in the yellow circles below for each use.

1: Neck, chest, and stomach
2: Both arms (front and back), arm pits, hands, and fingers
3 & 4: Both legs, feet, and toes
5: Back of neck, back, and shoulders
6: Surgical site

Three nights before surgery
Two nights before surgery
One night before surgery
Morning of surgery
How to Use Your Incentive Spirometer

Before Surgery

To better prepare you for surgery, we are supplying you with an incentive spirometer (IS) to begin using before your procedure. Your goal is to use this at least 30 times a day before your surgery. This information will teach you how to use your incentive spirometer (IS).

About Your Incentive Spirometer

An incentive spirometer (IS) is a device that will expand your lungs by helping you to breathe more deeply and fully. The parts of your incentive spirometer are labeled in Figure 1.

Use your incentive spirometer (IS) before your surgery and do your deep breathing and coughing exercises. This will help keep your lungs active throughout your recovery and prevent complications such as pneumonia.
Setting up your incentive spirometer

The first time you use your incentive spirometer (IS), you will need to take the flexible tubing with the mouthpiece out of the bag. Stretch out the tubing and connect it to the outlet on the right side of the base (see Figure 1). The mouthpiece will be attached to the other end of the tubing.

Using your incentive spirometer

When you are using your incentive spirometer (IS), make sure to breathe through your mouth. If you breathe through your nose the incentive spirometer will not work properly. You can plug your nose if you have trouble.

The goal is to use this incentive spirometer at least 30 times throughout the day. Breathing-in several times consecutively may leave you feeling dizzy. Stop and rest if this occurs. Try again later.

To use your incentive spirometer (IS), follow the steps below. Sit upright in a chair or in bed. Hold the incentive spirometer at eye level.

1. Slowly breathe out (exhale) completely.
2. Put the mouthpiece in your mouth and close your lips tightly around it. Breathe in (inhale) slowly through your mouth as deeply as you can. As you take the breath, you will see the piston rise inside the large column. While the piston rises, the indicator on the right should move upwards. It should stay in between the 2 arrows (see Figure 1).
3. Try to get the piston as high as you can, while keeping the indicator between the arrows.
   o If the indicator does not stay between the arrows, you are breathing either too fast or too slow.
4. When you get it as high as you can, hold your breath for 5-10 seconds, or as long as possible. While you’re holding your breath, the piston will slowly fall to the base of the spirometer.
5. Once the piston reaches the bottom of the spirometer, breathe out slowly through your mouth. Rest for a few seconds.
6. Repeat twice. Try to get the piston to the same level with each breath.
7. After each set of breaths, try to cough. Coughing will help loosen or clear any mucus in your lungs.
8. Put the marker at the level the piston reached on your incentive spirometer (IS). This will be your goal next time.

Use your incentive spirometer every few hours, the goal is at least 30 times spread-out through the day. No more than 8-10 times an hour.

**Deep Breathing Exercises and/or Incentive Spirometry**

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

If you have any questions or concerns, contact us at The Joint and Spine Center 443-849-6261
Joint and Spine Center
Directions to GBMC General Operating Room (GOR)

- Begin by entering the GBMC Main Entrance from North Charles Street. Proceed up the hill and when you come to the fork in the road, turn left to go up the hill towards the Emergency room and follow the signs to Lily Park, which will be on your left directly across from the Emergency Department. Collect your parking ticket when entering garage.

- Parking is available for patients anywhere in Lily Park; however, the first 3 levels are reserved for you and your family members, so you should find available parking on these levels.

- Once you have parked your car, take the garage elevator to the ground floor (3rd floor), turn right, and follow signs to the Main Hospital. You will pass through a short tunnel and into the concourse adjacent to the Emergency Department. Walk straight and look for Elevator E that will be on your left.

- It is very important to remember that you are now on the 3rd floor of the hospital as you enter the concourse from the tunnel and the parking garage at GBMC is built on a hill. Please keep this in mind.

- Take Elevator E to the 4th floor. When the doors of the elevator open, the Family Waiting Information Desk will be directly in front of you. Here you will check in with a volunteer who will then direct you to an Admissions Officer who will register you for surgery.

Thank you for choosing GBMC!

For further information, contact the Joint and Spine Center at GBMC at 443-849-6261 or online at www.gbmc.org/jointandspine
Joint & Spine Care Coordinator: 443-849-6281
Your Surgery is Scheduled at the following location on GBMC Campus: GOR, 4th floor above the Emergency Room

General Operating Room (GOR)
From Charles Street: Enter the GBMC campus from Charles Street. At the fork, stay to the left (towards the ER) and proceed up the hill. Turn at the second left into Lily Park, across from the Emergency Department.

- Park in Lily Park Garage (which is left of the ER).
- Take the elevator to the main floor to Lobby E.
- Once inside, Lobby E, STOP at the checkpoint to have your temperature taken. Then 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.

MAIN LOBBY ENTRANCE CLOSURE
On Monday, August 23, 2021, the main lobby entrance and loop will close for The Promise Project construction and will remain closed until the new entrance opens in Fall 2023. Parking at GBMC: [https://www.gbmc.org/parking](https://www.gbmc.org/parking)

Please plan to use Lily Park garage on the day of your surgery.

QUESTIONS? Contact the GBMC HealthCare Parking Office (during regular business hours) at 443-849-6271 or Security at 443-849-2222.
**General Reminders**

- Arrive to GBMC’s GOR no later than 2 hours from your scheduled surgery
- Wear your mask at ALL TIMES outside of your assigned hospital room
- **Follow Visitor Policies**
  - If a visitor has been granted special allowances to enter the hospital: 
    - Visitor MUST ALWAYS WEAR a MASK, **no exceptions**, this includes the inside of the patient’s room/bay
- Keep all your jewelry, piercings and valuables in a safe place **at home**
- **Do not eat any solid foods, gum, mints or smoke cigarettes before surgery!**
- You may brush your teeth and rinse your mouth
- Make sure you have your photo ID and insurance card with you before leaving home
- Make sure you have your **small** hospital bag, CPAP machine, necessary assistive devices; bring in your walker only if you need to use it to enter the hospital to safely arrive at the GOR registration desk. All other items, walkers, assisted devices should be stored in the car or with someone you trust until you are settled in your hospital room after surgery. **But please keep in mind the latest COVID visitor policies at GBMC. Less is best.**
- **Discharge pick-up location:** Obstetrics Entrance (OB), Lobby D
Campus Parking Fees:

- First 30 minutes: FREE
- 31 to 60 minutes: $4.00
- 61 to 180 minutes (1-3 hours): $5.00
- 181 minutes to 360 minutes (3-6 hours): $6.00
- Maximum daily rate is: $7.00

Parking Discounts:

- Weekly Passes - $15.00
- Unlimited Trips Over 7 Consecutive Days
- Coupon Books - $30.00
- 10 Trips With No Time Limit

All Discounted Passes Are Available:

- Corner Shop (Gift Shop)
- Oncology Support Services

Corner Shop Hours:
Monday – Thursday: 8:30am- 7:30pm  
Friday: 8:30am- 7:00pm  
Saturday and Sunday: 12:00pm- 4:00pm
Log Rolling to a Sitting Position

1. While on your back.
2. Bend your knees.
4. Move your legs together towards the edge of the bed, without twisting your back.
5. Slowly raise your body as you lower your legs to the floor.
6. Move towards sitting upright with a straight spine and both feet on the ground.
7. Log rolling will maintain spinal precautions to help decrease pain and discomfort.

No Bridging
Spinal Precautions

T - No Twisting

L - No Lifting

B - No Bending
POST-OP SKIN and Wound Care

- **You** are an important part of your recovery.
- One of the most important factors to your recovery is **Infection Prevention**.
- Patients who get a surgical site infection have a longer length of stay in the hospital and are 6 times more likely to get readmitted with complications from the infection.
- You must be diligent with skin and wound care, your daily Chlorhexidine Gluconate (CHG) showers,
- **In addition**, remember to clean the inside of your nose with Nozin nasal sanitizer every 12 hours until your post-op visit.

### Wound Care

1. Remove dressings after 48 hours and leave off, unless there is active drainage.
2. A simple visual check should be all that is needed each day to assess for signs and symptoms of infection (such as drainage, redness, tenderness, or swelling).
3. Notify the office immediately for any concerns or signs and symptoms of infection.
4. Keep wound clean and dry.
5. If you have steri-strips, they will fall off on their own.
6. Do NOT manipulate (pick or probe) your incision in any way.
7. Keep incision out of direct sunlight.

### Skin Care

1. **NO tub bathing** for at least four weeks after surgery.
2. You may take a shower if your incision is not draining.
3. Do not scrub the incision.
4. **Important:** You must shower with Chlorhexidine Gluconate (CHG) 4% solution daily x 5 days after discharge from hospital. If you are allergic to CHG please request Theraworx® Protect. GBMC is sending you home with a sufficient supply for your post-op needs. **Use 1-bottle each day for 5 days, 6 cloths with every shower (see diagram).**
5. Do NOT actively clean your incision unless you are specifically instructed to do so.
6. Do NOT use the CHG solution on your face, eyes, ears, mouth, nose, or genitals.
7. Dry completely with a fresh towel after every CHG shower.
8. Do NOT use ointments, lotions, or moisturizers on your incision.
**Preop Surgical Scrub CHG 4% Surgical Scrub (Daily Skin Care)**

1. **Do not use Chlorhexidine Gluconate (CHG) if you are allergic to CHG. If you are allergic to CHG please request Theraworx® Protect.**

2. When cleaning with CHG, avoid contact with your eyes, ears, mouth and genitals. If CHG solution should contact these areas, rinse out promptly and thoroughly with water.
   - Use soap and water to clean these areas.

3. Thoroughly wash body with soap, shampoo, and rinse.

4. Turn off shower.

5. Apply the CHG solution to the disposable cloths, apply to body according to the diagram below.

6. See diagram for areas to clean with CHG 4% solution (no.1-5)

7. Allow the solution to rest on skin for 2-5 minutes.

8. Turn on shower and rinse with water only.

9. Dry with a new clean towel after every CHG shower

<table>
<thead>
<tr>
<th>Areas to Clean</th>
<th>CHG Solution Application</th>
</tr>
</thead>
<tbody>
<tr>
<td>1: Neck, chest, and stomach</td>
<td>CHG on neck, shoulders, and chest</td>
</tr>
<tr>
<td>2: Both arms (front and back), arm pits, hands, and fingers</td>
<td>CHG on front and back of arms, arm pits, hands, and fingers</td>
</tr>
<tr>
<td>3 &amp; 4: Both legs, feet, and toes</td>
<td>CHG on both legs, feet, and toes</td>
</tr>
<tr>
<td>5: Back of neck, back, and shoulders</td>
<td>CHG on back of neck, back, and shoulders</td>
</tr>
</tbody>
</table>

***DO NOT SCRUB or SOAK your surgical site! KEEP Surgical DRESSING CLEAN AND DRY***
What if I do not have anyone to help wash my back?

You may use the included long-handled sponge to wash your back with the CHG surgical scrub. Wash your whole body with your regular soap in the shower and use the long-handled sponge to scrub your back with your soap. For all body parts, except your back, follow the instructions on the CHG instructions sheet included in your information packet. For your back, put a large amount of the CHG scrub onto one side of the sponge and scrub the left side of your back. Flip the sponge over, put a large amount of CHG scrub onto this side and scrub the right side of your back. Let the CHG solution sit on your skin for 3-5 minutes and then wash it off in the shower. Complete the CHG wash 3 nights before surgery, 2 nights before surgery, the night before surgery, and the morning of surgery.
EQUIPMENT FOR HOME

OT can provide you these 4 items if needed, no cost:

- Reacher
- Long Shoehorn
- Long Handled Sponge
- Sockaid

3 in 1 Commode chair
Elevated toilet seat with and without rails
Tub seat with & without back
Tub bench

Tub Rails

Hand-held shower
Grab bar
Non-slip bath mat
Shower or bath chair
Commode or raised toilet seat
# EQUIPMENT FOR HOME

## Local Medical Equipment Suppliers

### Vendors:

<table>
<thead>
<tr>
<th>Vendor</th>
<th>Website</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wal-Mart</td>
<td>Walmart.com</td>
<td></td>
</tr>
<tr>
<td>Home Depot</td>
<td>Homedepot.com</td>
<td></td>
</tr>
<tr>
<td>Walgreens Pharmacy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>GBMC</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6565 N Charles St.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physicians Pavilion East - Ground Floor Towson, MD 21204</td>
<td></td>
<td>410-296-2037 (free delivery) Monday - Friday: 8:00am - 6:00pm Saturday: 9:00am - 1:00pm</td>
</tr>
<tr>
<td>Northern Pharmacy</td>
<td></td>
<td>(410) 254-2055</td>
</tr>
<tr>
<td>6701 Harford Road</td>
<td></td>
<td>Northernpharmacy.com</td>
</tr>
<tr>
<td>Fallston Pharmacy</td>
<td></td>
<td>410-879-9000</td>
</tr>
<tr>
<td>2112 Bel Air Rd Ste 11, Fallston, MD 21047</td>
<td></td>
<td>Falsstonpharmcay.com</td>
</tr>
<tr>
<td>Austin Pharmacy</td>
<td></td>
<td>410-377-5300</td>
</tr>
<tr>
<td>6729 York Road</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Catalogs:

<table>
<thead>
<tr>
<th>Catalogs</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northcoast</td>
<td>800-821-9319 Ncmedical.com</td>
</tr>
<tr>
<td>Sammons Preston</td>
<td>800-323-5547 Sammonspreston.com</td>
</tr>
</tbody>
</table>

### Price ranges for items:

<table>
<thead>
<tr>
<th>Item</th>
<th>Price Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sock aid</td>
<td>$8-11</td>
</tr>
<tr>
<td>Bedside commode</td>
<td>$45-180</td>
</tr>
<tr>
<td>Long shoe horn</td>
<td>$3-4</td>
</tr>
<tr>
<td>Elevated toilet Seat</td>
<td>$25-49</td>
</tr>
<tr>
<td>Long handled sponges</td>
<td>$3-4</td>
</tr>
<tr>
<td>Drop arm commode</td>
<td>$73-200</td>
</tr>
<tr>
<td>27” Reacher</td>
<td>$13-18</td>
</tr>
<tr>
<td>Safety Frame</td>
<td>$30-40</td>
</tr>
<tr>
<td>32” Reacher</td>
<td>$14-20</td>
</tr>
<tr>
<td>Tub seat</td>
<td>$30-80</td>
</tr>
<tr>
<td>Shoe laces</td>
<td>$3-4</td>
</tr>
<tr>
<td>Tub transfer bench</td>
<td>$47-88</td>
</tr>
</tbody>
</table>
ARE YOU HAVING A SPINAL FUSION SURGERY?
Do You Have Your Back Brace?

Join us for a FREE educational class to learn what to expect before and after surgery!!

WHEN
Virtual online class every week (except holidays)
• Tuesday from 9-11 a.m.

WHERE
Virtual Online Microsoft Teams Class
• E-mail invite with the link to class

REGISTER
• Directly online:
  https://gbmchealthcare.formstack.com/forms/jointspineclass
• By phone: 443-849-6261

Classes are limited please register today!

GBMC Joint & Spine Center
Virtual Online Class
E-mail Invite Only

443-849-6261

jointspinecenter@gbmc.org

https://gbmchealthcare.formstack.com/forms/jointspineclass
Discharge Day Checklist Guide - Spine

❑ _____ I have reviewed my discharge instructions with the nurse
❑ _____ I know who is my support person/help at home
❑ Post-op Physical Therapy/Occupational Therapy Agency: _______________
  ➢ Phone # _______________
  ➢ If I haven’t heard from the Physical Therapy Agency 3-days after discharge or have any issues with scheduling, I will call my surgeon’s office as soon as possible
❑ _____ Do I have my prescription(s)?
  ➢ Medication(s) MUST be picked up the day of discharge
  ➢ GBMC Walgreens can deliver your medications to your room, accepts cash or credit cards
❑ _____ Do I know the reason for and side effects of my prescriptions?
❑ I have my…
  ➢ _____ Walker and/or cane (if you do not have one, insurance approval is needed)
  ➢ _____ Dressing material: gauze and tegaderm/tape (if needed)
  ➢ _____ 5 Bottles CHG Solution and Disposable Wipes
  ➢ _____ Nozin® Nasal Sanitizer® 12-mL bottle and starter cotton swabs
  ➢ _____ Back brace or cervical collar (if ordered)
  ➢ _____ Belongings that I brought into the hospital
❑ I will call my surgeon’s office with any signs of infection such as fever, redness, swelling, tenderness, or puss-like drainage
❑ Please contact your surgeon’s office with any questions at (____________)