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## **Sacroiliac Joint Fusion**

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### **Introduction**

Dear Patient,

You are about to embark on an important journey to improve your overall health and quality of life. Our goals are the same as yours: To relieve your pain and return you back to a more active and healthy lifestyle as rapidly, comfortably and safely as possible.

In order to achieve this, we have assembled a large multidisciplinary team of anesthesiologists, pain management experts, skilled peri-operative and intra-operative orthopaedic nurses, physical therapists, physician assistants, nurse practitioners, office support staff and clinical care coordinators. All of these team members are focused on making your spine surgery a success. Working together we have combined our expertise to develop a spine surgery program with your safety and satisfaction as the number one priority.

The purpose of this guide is to provide you and your family with information regarding your medical condition and planned surgery. This information is part of your medical “Informed Consent”. Please read it and follow the advice carefully. You should retain the guide for future reference and bring it with you to office appointments and to the hospital for reference. Your active participation and willingness to recover is needed to make your surgery a success and to ensure the best possible outcome. It is therefore imperative that you read this entire booklet and carry it with you throughout the process. It will serve as your “playbook” and provide you with crucial information. Please share this booklet with those who are closest to you and who will be serving as your support system throughout your recovery. We highly recommend that you establish one point person who will serve as your “coach” through this process.

Above all, remember that you are never alone!

If there are any issues that you feel are necessary to discuss, please remember to call Keystone Spine and Pain Management at any time.

Dr. DelSole’s Team:

Mellisa Carroll – Administrative Assistant and Surgical Scheduler  
Courtney Bates, CRNP – Spine Specialized Nurse Practitioner

## **Changes in Your Medical Status**

We want you to be in your best possible health for your surgery. If you develop any new medical problems (e.g., sore throat, colds, fevers, infections, skin eruptions, dental issues, etc.) or any changes in your medical status, you must inform Dr. DelSole's team immediately by phone. If you have young children and are exposed to any viral illness like chicken pox within two weeks of surgery, you must also call the office.

## **Scheduled Pre-Operative Appointments**

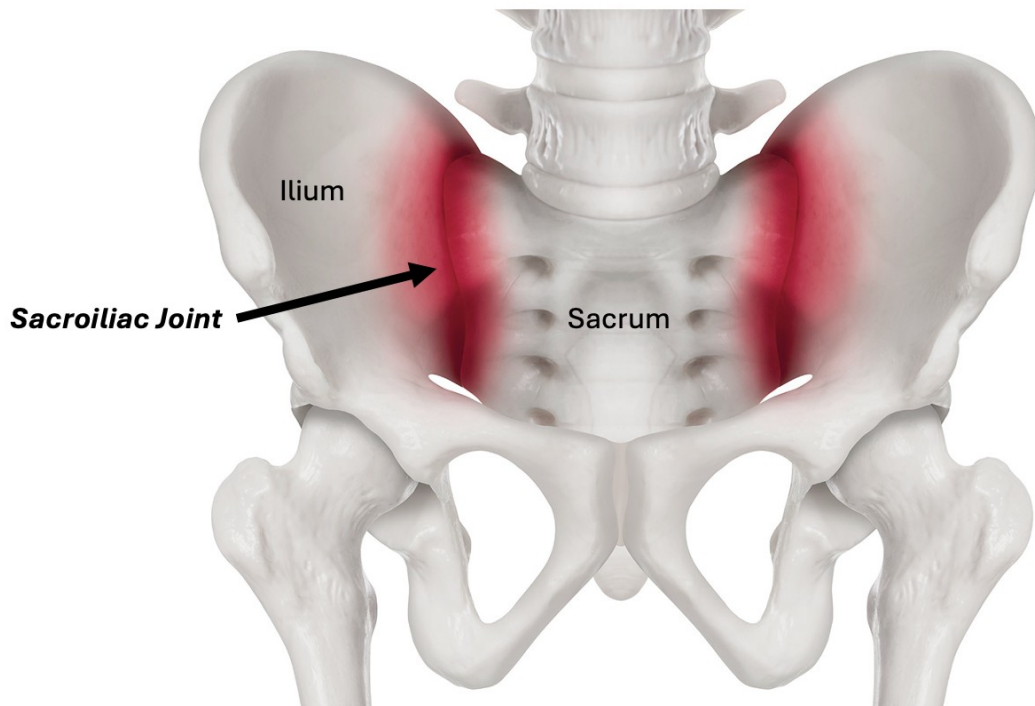
Please write down and review all appointments made for you. Do not change or cancel any appointments without consulting our office. If you need to change the time for any of your appointments, please call our office. We will do what we can to accommodate you.

If you show up more than one hour late for any of your pre-operative appointments, the appointment will be canceled and your surgery may also be canceled. You will have the following pre-operative appointments:

- Pre-Operative Bloodwork appointment will be scheduled after you schedule surgery.
- History and Physical – If you were seen by Dr. DelSole more than 30 days before your scheduled surgery, you will need to return to the office for a history and physical visit with a team member.
- Medical Clearance or Subspecialty Clearance – If necessary for your medical safety during surgery, you may have to attend pre-operative visits with your primary care physician or your subspecialty physician (for example, your cardiologist) to get their approval that it is safe to proceed with surgery. *If we do not have approval to proceed with your surgery 10 days prior to surgery, your surgery may need to be rescheduled to a later date.*

## **What is Going to Happen to Me?**

Dr. DelSole believes that your pain is coming from your sacroiliac (SI) joint, which is where two of the major bones of the pelvis meet. Ordinarily, there is little motion and no pain within this joint. If, for any of a number of reasons, the joint begins to move abnormally, it can degenerate and cause arthritis. If this does not get better with physical therapy, medications, or injections, fusion of the SI joint is a common surgical option.



## Your Surgery

To fix your problem Dr. DeSole is going to place three screws into the pelvis across the SI joint to stabilize it and eliminate the painful, abnormal motion. These screws are hollow, and, as they are inserted they harvest healthy bone from the pelvis and deposit it within the SI joint. This bone graft is what allows the joint to “fuse” and remain pain-free for the rest of your life.



## **What is Fusion?**

Fusion refers to the process of *bone healing between the ilium and sacrum bones*. Dr. DeSole will take great care to create an environment in the SI joint in which the bones can heal to one another. This will prevent painful, abnormal motion. In order for bones to fuse, bone graft is applied by being harvested through the screws themselves. Sometimes, additional bone graft from a bone bank is inserted into the screws. This bone has been sterilized to prevent infections.

## **How big is my incision?**

The SI fusion procedure is done with three small incisions, approximately 1cm (1/2 inch) on the side of the hip.

## **What happens during my recovery?**

After surgery, you are to walk with crutches for a total of 6 weeks. During the first three weeks, you can put only a very slight amount of weight on the side of your surgery. After 3 weeks, you can begin to gradually put more weight down. By 6 weeks, the crutch use is completed and you can begin to walk without them. You should plan to begin post-operative physical therapy 6 weeks after surgery. You should expect to return to full activity 3-6 months after your surgery.

## **How Long Does the Surgery Take?**

This depends on several patient factors, but on average, the surgery takes about 45 minutes to complete.

## **How long do I stay in the hospital?**

SI joint fusion is typically performed as an outpatient procedure, so you should plan to return home on the same day as surgery.

## **Is the Surgery Minimally Invasive?**

Yes. You will have three small incisions on the skin. Every effort is made to preserve your muscles and spread muscles during surgery.

## **How Much Motion Will I Lose?**

This is not a spinal fusion procedure, therefore you should not expect to have significant stiffness after the procedure. The normally-functioning SI joint moves very little. After fusion, it does not move at all, but this loss of motion should not significantly affect your mobility.

## **What Results Should I Expect from my Surgery?**

The expected result after SI joint fusion is the elimination of pain created by your SI joint. This means you can expect to feel as you would after a successful SI joint injection. It is important to understand that if pain is coming from another area of your back, an SI fusion will not stop this. Some patients, unfortunately, may need multiple procedures to address multiple pain generators. If you have any questions about this, please speak with Dr. DeSole.

Unrealistic expectations, such as a “perfect back” are not helpful to the healing process. The surgery can help improve function and decrease your pain. Realistic expectations are critical to a successful operation. You can speak to Dr. DelSole about this at any point in time.

### **When can I expect my symptoms to go away?**

Patients’ SI joint pain is usually improved within a few weeks of surgery. Unfortunately some patients do not respond to surgery, and the back pain persists. This is rare, but if this is the case for you, Dr. DelSole will continue to work to determine the cause of your pain.

### **Why should I participate in physical therapy after surgery?**

Physical therapy is thought to help strengthen your body, improve mobility and decrease overall experience of pain. After being on crutches, it will be important for your legs to undergo conditioning in order to return to normal activity.

### **Will I need Inpatient Rehab after my Surgery?**

Inpatient rehab is not required after SI joint fusion surgery. You will be discharged to home the same day of surgery.

### **What can I do before surgery to control my pain after surgery?**

Some patients needing spine surgery are on a course of narcotics for pain management. Patients taking these narcotics develop a known tolerance to the medication, meaning that potentially unsafe doses are required in order to get control of the pain. You can better your chances of having adequate pain control by slowly decreasing your narcotic pain medication over the weeks just before surgery. By decreasing your tolerance your body may respond better to postoperative pain medications such as these narcotics.

### **Will I Have To Wear A Brace?**

No brace is required for SI joint fusion, however crutches will be provided for you to use afterward.

### **What Does Dr. DelSole Do to Reduce My Postoperative Pain?**

Dr. DelSole is committed to making your surgery as painless as possible. Our team uses an advanced protocol to control your pain after surgery as much as possible. Advanced pain medications are given before your surgery even begins.

If needed, you will have access to Percocet, Roxicodone, or Vicodin. However, the narcotic medications can create constipation and urinary retention, so use them with care! Narcotics are very effective for pain relief *from surgical* pain but may cause other side effects. The possible effects vary among patients and may include: sleepiness, nausea, constipation, loss of appetite, flushing, sweating, and occasionally euphoria or confused feelings. If these occur notify your nurse.

*If taken in high doses, these drugs can cause inhibition of breathing and death.* For your protection, you will receive narcotic medication only when you request it and if deemed medically appropriate by your physician.

### **Activity**

Feel free to move about in your bed and about your house. Early activity after surgery is extremely important to help prevent the complications of prolonged bed rest such as pneumonia and blood

clots. It also promotes recovery, relieves muscle stiffness, allows for development of a well-organized scar, and improves your outlook.

### **Diet**

Your diet will begin with clear liquids, and be advanced to your normal daily diet as soon as your condition permits. Your IV will be removed at the conclusion of your hospitalization.

All patients experience a sore throat and swallowing difficulty after general anesthesia and surgery. This is from manipulation of tissue and the presence of the breathing tube for anesthesia. The sore throat usually will subside within a week. The swallowing difficulty may take longer. Using throat lozenges or lemon drops, sipping cool liquids, or sucking ice chips may soothe this pain. Try to eat soft foods such as eggs, peas, meatloaf. Large dry pieces of meat, bread, or popcorn will be difficult to swallow. Most patients have resolution of their swallowing difficulty by three months after surgery.

You should eat soft food after surgery in small bites. Have plenty of fluids available while eating. Almost all patients have trouble swallowing immediately after surgery. However, by about 3 months after surgery, fewer than 10% of patients have trouble swallowing. If you are having trouble at that time I will ask an ENT doctor to evaluate you.

If indicated, Dr. DelSole will discuss with you the role of perioperative nutritional supplements, which can be purchased at Keystone Spine and Pain Management prior to surgery.

### **Bowel and Bladder Function**

Some patients may have difficulty urinating after surgery. If this occurs, notify your nurse who may assist you in voiding techniques. Rarely, this may require placing a catheter in your bladder. After surgery, constipation frequently occurs from inactivity and the side effects of pain medication. Dr. DelSole's recommendation is to buy Miralax at the pharmacy and take this once per day during the three days leading up to your surgery. After surgery, you should take Miralax three times per day until you are able to use the bathroom without constipation.

### **Respiratory Hygiene**

Deep breathing is very important after surgery to maintain lung expansion and reduce the risk of pneumonia. You will be provided with an incentive spirometer and instructed about its use before surgery. This device should be used every 15 to 30 minutes during your waking hours initially, then every 1 to 2 hours as your activity returns to normal. This device is yours to take home. Continue to use it at home for at least 1 week after your discharge. (Use it during TV commercial breaks).

Smoking is absolutely forbidden. There is clear evidence that smoking dramatically increases your risk of post-operative complications. There is also evidence that smoking adversely effects bone healing and nerve recovery. Second hand smoke also applies.

### **Follow-Up Appointment**

A follow-up appointment was made for Dr. DelSole's office 3 weeks from the date of surgery. At your first follow-up visit, you will be evaluated and the incision will be checked. You will then be seen at 8 weeks by telemedicine, 14 weeks in the office, 6 months, and 1 year or more after surgery.

### **Incision Care and Hygiene**

Your dressing should remain in place for 3 days and then can be removed. You may shower on the 3<sup>rd</sup> day after surgery, trying to keep the dressing dry if possible. Allow it to air dry. Do not soak your dressing or incision. Once the dressing is removed, the incision may get wet. Allow it to air dry. There

may be steri-strips or skin glue on your incision. Allow these to fall off on their own. **NO LOTIONS/OINTMENTS, BATHS, HOT TUBS, OR POOLS FOR 6 WEEKS AFTER SURGERY**, it will increase your risk of infection.

### **Collagen Dressings**

In some cases, when insurance will approve it, we will ship collagen dressings to your home. There is evidence that these dressings can create an environment for optimal wound healing. Please note that if you are not approved for collagen dressings, Dr. DelSole is still confident that your wound will heal appropriately. Instructions for applying collagen dressings will be supplied to you, but in general, plan to apply the dressings once per day, beginning when you have received the dressings, and then the original surgical dressing has been removed.

### **Inflammation**

Please take your temperature every afternoon for the first week after you are discharged from the hospital. Call your physician if:

1. Your temperature, taken by thermometer, is more than 101.5 degrees,  
OR
2. Your incision becomes reddened, swollen or any increase or change in drainage occurs.
3. You develop difficulty with swallowing or talking that seems to be worse since you left the hospital.

### **Nutrition**

A well-balanced diet is necessary for good healing and recovery. This includes food from the four basic food groups: dairy products, meat, vegetables and fruit. Use of narcotic pain medication and prolonged rest may cause constipation. Drinking plenty of fluids and eating high fiber foods (whole grains, raw fruits and vegetables) will help regain normal bowel function. It is recommended that all patients take Vitamin D and a protein supplement in the time leading up to and following surgery. For more information, please ask Dr. DelSole.

Perioperative nutritional supplements are available from Keystone Spine and Pain Management and recommended to optimize your nutrition surrounding surgery. Please ask Dr. DelSole's team if you would like more information on this.

### **Home Pain and Medication**

The goal of surgery is to stabilize the SI joint and create the best possible environment for the body to heal itself and to prevent further damage. This will take a variable length of time depending on the duration and degree of damage and the body's own healing abilities. Most of the healing occurs in the first few months but can take up to a year.

Everyone has a different pain tolerance that will dictate the amount of pain medication required. A decreased dose and less frequent use of pain medication will occur during your recovery period. A gradual weaning of medications should begin as soon as possible, generally within 2 to 4 weeks. Conservative use of narcotic pain medication is advised. While using narcotic pain medication you **SHOULD NOT** drive. One should try non-narcotic medication, such as Tylenol and reserve narcotics for only the difficult times. Importantly, some of the narcotic medications can have Tylenol as a component (Tylenol may also be called acetaminophen or APAP), and it is important not to take more than 3,000 mg of Tylenol per day

Patients will be prescribed no more than 6 weeks of narcotic pain medications following surgery. Further narcotic requirements must be supplied by your pain management or primary care physician.

The goal should be *complete taper off of these medications*.

### **Driving**

The ability to resume driving depends on the patient. All patients refrain from driving for a minimum of two weeks after surgery. After this, the patient must be off all narcotic pain medications, and must feel comfortable quickly looking over the shoulder, applying the break and applying the gas. At 2-3 weeks after surgery if you are off of narcotic pain medication you may begin to drive. Dr. DelSole recommends going out for a drive with a “spotter” in the passenger seat for the first few times out after surgery.

### **The First Week**

- Early to bed, late to rise and frequent rest periods throughout the day. Get at least 8 hours of sleep each night. A disrupted sleep pattern is common after discharge from the hospital and will return to normal over time.
- You may not drive, but you may be driven, for short distances, using proper restraints such as shoulder and lap belts. At 2-3 weeks after surgery if you are off of narcotic pain medication you may begin to drive. I recommend going out for a drive with a “spotter” in the passenger seat for the first few times out after surgery.
- No lifting of more than 10 pounds
- May climb stairs with hand rail
- Begin a daily walking program with 1 to 2 blocks initially; schedule a daily time and increase distance daily.
- Eat a regular, balanced diet.
- Take medications as prescribed, using narcotics only as needed.
- Use crutches to maintain “toe touch” weight bearing on the side of surgery.

### **The Second Week**

- Resume normal rising and retiring schedule
- No lifting of anything weighing more than 10 pounds.
- May climb stairs with hand rail
- Continue scheduled walking, increasing distance and frequency as able.
- May resume sexual relations when comfortable.
- Begin narcotic weaning as pain diminishes, relying mainly on non-narcotic medication
- Use crutches to maintain “toe touch” weight bearing on the side of surgery.

### **The Third Week**

- Resume normal rising and retiring schedule, resting as needed.
- May resume light work around the home; lifting not to exceed 10 pounds.
- Continue scheduled walking.
- Use crutches to maintain “toe touch” weight bearing on the side of surgery.

### **The Fourth Week**

- Resume normal rising and retiring schedule, resting as needed.
- May resume light work around the home; lifting not to exceed 10 pounds.
- Continue scheduled walking.
- Begin gradually increasing weight on the surgical side such that you are done with crutch use at week 6.

## **Disability**

The usual period of recovery for surgery is 6 to 12 weeks and complete healing may take from 3 to 6 months. Some patients may return to work sooner than others depending on their job, response to surgery, and ability to perform other lighter tasks in the workplace. Physician approval is required prior to returning to work.

If your employer requires documentation of your work status, our office will provide the necessary information to your employer or other concerned parties. All disability matters may be handled by contacting our office.

## **Medication Management**

There are certain general medications that you should continue taking throughout your surgical event. These include most cardiac, pulmonary, seizure, anxiety, thyroid, reflux, stomach, and antibiotic medications. Some specific examples are below.

You should continue your beta blockers. Examples of beta blockers include:

- Betapace
- Blocadren
- Bystolic
- Cartrol
- Coreg
- Corgard
- Corzide
- Inderal
- Inderide
- Kerlone
- Levatol
- Lopressor
- Normodyne
- Sectral
- Tenoretic
- Tenormin
- Timolide
- Toprol
- Triandate
- Viskazide
- Zebeta
- Ziac

You should continue your cholesterol medications. Examples of cholesterol medications include:

- Advicor
- Altoprey
- Caduet
- Crestor
- Lescol
- Lexcol
- Lipitor
- Mevacor
- Pravachol
- Simcor
- Vytorin
- Zocor

You should continue medications for Attention Deficit Hyperactivity Disorder (ADHD). Examples of ADHD medications include:

- Metadate
- Methylin

You should continue certain anti-psychotic medications such as:

- Isocarboxazid
- Phenelzine
- Selegiline
- Tranylcypromine
- Rasagline

## Stopping Medications Before Surgery

Please read the following information very carefully. Failure to follow these instructions may result in postponement of your procedure for your own safety.

### (1) Blood Thinners

As soon as you schedule your surgical date, you must speak to your primary care physician or cardiologist about stopping any blood thinners that you may be taking. Your primary care physician or cardiologist may suggest an alternate timeline, or wish to switch you to a different blood thinner. This is especially important if you are taking a blood thinner because of a previous stroke or cancer. If possible, *all blood thinners should be held for 7 days following spine surgery to prevent excessive bleeding.*

Dr. DelSole suggests the following timeline to stop blood thinners before surgery. Please share this timeline with your other physicians.

|                                 |           |
|---------------------------------|-----------|
| • Warfarin (Coumadin)           | INR < 1.5 |
| • Eptifibatide (Integrilin)     | 8 Hours   |
| • Tirofiban (Aggrastat)         | 8 Hours   |
| • Enoxaparin (Lovenox) 40mg     | 24 Hours  |
| • Enoxaparin (Lovenox) 1.5mg/kg | 24 Hours  |
| • Abxicimab (Reopro)            | 48 Hours  |
| • Apixaban (Eliquis)            | 48 Hours  |
| • Rivaroxaban (Xarelto)         | 48 Hours  |
| • Dabigatran (Pradaxa)          | 7 Days    |
| • Clopidogrel (Plavix)          | 7 Days    |
| • Prasugrel (Effient)           | 7 Days    |
| • Ticlopidine (Ticlid)          | 14 Days   |

You should also avoid the following medications that can affect a person's normal blood clotting process...

|                   |                |
|-------------------|----------------|
| • Davron Compound | • Pepto Bismol |
| • Decagesic       | • Stilbestrol  |
| • Fiorinal        | • Vitamin E    |
| • Measurin        | • Zactirin     |
| • Meclomen        | • Zomax        |

You should also avoid hormonal medications that can increase your risk of blood clots. Examples of those medications are the following...

- Female hormones
- Premarin
- Hormonal birth control (pills, ring, patch, injection)

### (2) Herbal Medications

You should stop all herbal and alternative medications at least 10 days prior to surgery.

### (3) Diuretics ("Water Pills")

You should not take any diuretic medication on the morning of the surgery, unless you have a diagnosis of congestive heart failure (CHF). If you have been diagnosed with CHF, then please take your diuretic as prescribed the morning of surgery. Examples of diuretics are the following medications...

- Aldactazide
- Aldactone
- Amiloride
- Bumex
- Demadex
- Dyazide
- Edecrin
- Enduron
- Hydrochlorothiazide
- Lasix
- Lozol, Lozide
- Maxzide
- Moduretic
- Thalitone
- Triamterene
- Zaroxolyn

### (4) Blood Pressure Medications

You should not take any blood pressure medications on the morning of surgery. Examples of blood pressure medications are the following...

- Lotensin
- Vasotec
- Monopril
- Prinivil, Zestril
- Univasc
- Aceon
- Accupril
- Altace
- Mavik
- Vaseretic
- Prinizide, Zesoretic
- Uniretic
- Accuretic
- Tarka
- Edarbi
- Atacand
- Teveten
- Avapro
- Cozaar
- Benicar
- Micardis
- Diovan
- Avalide
- Hyzaar
- Azor
- Tribenzor
- Twynsta
- Exforge
- Valturna
- Tekturna
- Valturna

### (5) Diabetes Medications

You should not take any diabetes medications the morning of surgery. There are also some diabetic medications that you should not take the night before surgery (marked with an \*). Examples include...

- \*Actoplus\*
- Amaryl
- \*Avandamet\*
- Avandaryk
- Avandia
- Diabeta
- Diabinase
- Duetact
- Glucamide
- \*Glucophage\*
- Glucotrol
- \*Glucovance\*
- Glycron
- Glynase
- Glyset
- \*Junamet\*

- Junavia
- \*Metaglip\*
- Micronase
- Onglyza
- Orinase
- Oramide

- \*Prandimet\*
- Prandin
- Precose
- Ronase
- Starlix
- Tolinase

**PLEASE NOTE: SGLT-2 Inhibitor Medications Must be stopped 4 days prior to surgery. These include:**

- Jardiance (empagliflozin)
- Invokana (canagliflozin)
- Farxiga (dapagliflozin)
- Steglatro (ertugliflozin)

#### (6) Insulin

You must follow the exact recommendations of your primary care physician or endocrinologist regarding the use of insulin before your surgery. In the hospital, we will check your blood sugar and administer insulin to you.

#### (7) Other Medications:

There are some other medications that you might need to stop before surgery. Examples include:

- Hormones
- Vitamins
- Prostate medications
- Iron Supplements. If you do not currently take oral iron supplements, please do not start taking iron supplements before your surgery. This may differ from the recommendations that you are given by other healthcare providers. However, if you were already taking oral iron supplements prior to meeting Dr. DelSole, you may continue to take the same doses that you were already taking.
- Opiate Pain Medications. If you are already taking opiate pain medication, you must gradually cut your doses in half in the weeks leading up to your surgery. If you do not taper down your dose, it will be more difficult to control your post-operative pain.

### (8) Biologics

If you are being treated for rheumatoid arthritis, psoriatic arthritis, lupus, ankylosing spondylitis, Crohn's disease, ulcerative colitis, or another inflammatory disease you may be taking biologic medications. These medications must be stopped in anticipation of surgery.

| <b>BIOLOGIC AGENTS: STOP these medications prior to surgery and schedule surgery at the end of the dosing cycle. RESUME medications at minimum 14 days after surgery in the absence of wound healing problems, surgical site infection, or systemic infection.</b> | <b>Dosing Interval</b>                   | <b>Schedule Surgery (relative to last biologic agent dose administered) during</b> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|------------------------------------------------------------------------------------|
| Adalimumab (Humira)                                                                                                                                                                                                                                                | Weekly or every 2 weeks                  | Week 2 or 3                                                                        |
| Etanercept (Enbrel)                                                                                                                                                                                                                                                | Weekly or twice weekly                   | Week 2                                                                             |
| Golimumab (Simponi)                                                                                                                                                                                                                                                | Every 4 weeks (SQ) or every 8 weeks (IV) | Week 5<br>Week 9                                                                   |
| Infliximab (Remicade)                                                                                                                                                                                                                                              | Every 4, 6, or 8 weeks                   | Week 5, 7, or 9                                                                    |
| Abatacept (Orencia)                                                                                                                                                                                                                                                | Monthly (IV) or weekly (SQ)              | Week 5<br>Week 2                                                                   |
| Certolizumab (Cimzia)                                                                                                                                                                                                                                              | Every 2 or 4 weeks                       | Week 3 or 5                                                                        |
| Rituximab (Rituxan)                                                                                                                                                                                                                                                | 2 doses 2 weeks apart every 4-6 months   | Month 7                                                                            |
| Tocilizumab (Actemra)                                                                                                                                                                                                                                              | Every week (SQ) or every 4 weeks (IV)    | Week 2<br>Week 5                                                                   |
| Anakinra (Kineret)                                                                                                                                                                                                                                                 | Daily                                    | Day 2                                                                              |
| Secukinumab (Cosentyx)                                                                                                                                                                                                                                             | Every 4 weeks                            | Week 5                                                                             |
| Ustekinumab (Stelara)                                                                                                                                                                                                                                              | Every 12 weeks                           | Week 13                                                                            |
| Belimumab (Benlysta)                                                                                                                                                                                                                                               | Every 4 weeks                            | Week 5                                                                             |
| Tofacitinib (Xeljanz): STOP this medication 7 days prior to surgery.                                                                                                                                                                                               | Daily or twice daily                     | 7 days after last dose                                                             |

Goodman et al. 2017 ACR/AAHKS Guidelines, *Arthritis Care and Research*

### (9) Aspirin

If you take aspirin every day, it may be important to stop your aspirin if possible before your spine surgery. Dr. DelSole's preference is:

- Aspirin 325mg daily – stop this medication 7 days prior to surgery
- Aspirin 81mg daily – if possible, this medication should be stopped 5 days before surgery

Exceptions to this rule would be only if your cardiologist says it is absolutely necessary to continue this medication through surgery. *This will have to be discussed in detail with Dr. DelSole as there will potentially be added risk if continued through the operation.*

#### (10) GLP-1 Agonists

This is a class of medications used to manage diabetes and can assist with weight loss. ***These medications must be stopped 1 week prior to surgery. If you take these medications, it is important that you have only clear liquids for your diet beginning 24 hours prior to surgery.*** If you take any of the medications listed in the chart below, please follow the instructions in the chart.

| <u>Brand Name</u> | <u>Generic Name</u> | <u>Stop Medication</u>  | <u>Clear Liquid Diet Required</u> |
|-------------------|---------------------|-------------------------|-----------------------------------|
| Trulicity         | Dulaglutide         | 1 week prior to surgery | 24 hours prior to surgery         |
| Mounjaro          | Tirzepatide         | 1 week prior to surgery | 24 hours prior to surgery         |
| Bydureon Bcise    | Exenatide (ER)      | 1 week prior to surgery | 24 hours prior to surgery         |
| Ozempic           | Semaglutide         | 1 week prior to surgery | 24 hours prior to surgery         |
| Wegovy            | Semaglutide         | 1 week prior to surgery | 24 hours prior to surgery         |
|                   |                     |                         |                                   |
| Byetta            | Exenatide (IR)      | Stop the day of surgery | 24 hours prior to surgery         |
| Saxenda           | Liraglutide         | Stop the day of surgery | 24 hours prior to surgery         |
| Adlyxin           | Lixisenatide        | Stop the day of surgery | 24 hours prior to surgery         |
| Rybelsus          | Semaglutide         | Stop the day of surgery | 24 hours prior to surgery         |

#### (11) Anti-Inflammatory Medications

##### **Please Stop Taking NSAIDs 1 Week Before Surgery**

Before your surgery with Dr. DelSole, it's very important to stop taking any NSAID medications (non-steroidal anti-inflammatory drugs) at least **7 days before your surgery date**.

NSAIDs can increase your risk of bleeding during surgery. Stopping them ahead of time helps keep you safe during and after your procedure.

##### **Common NSAIDs to Stop Taking Include:**

- **Ibuprofen** (Advil®, Motrin®)
- **Naproxen** (Aleve®, Naprosyn®)
- **Meloxicam** (Mobic®)
- **Diclofenac** (Voltaren®)
- **Celecoxib** (Celebrex®)
- **Indomethacin** (Indocin®)
- **Ketorolac** (Toradol®)
- **Etodolac** (Lodine®)
- **Piroxicam** (Feldene®)

If you're not sure whether a medication you take is an NSAID, please ask your doctor or pharmacist. Also, let us know about **all** the medications and supplements you are taking.

### **Hydration Before Surgery**

Please remember to adequately hydrate on the final days leading up to your surgery. We encourage the use of electrolyte drinks like Catalyte. It is recommended that you do not drink any alcohol whatsoever the week prior to your surgery.

### **The Final Days Before Surgery**

You will receive a phone call before your surgery to tell you what time to arrive at the hospital. If you have not been called by 7:00 pm the business day before your procedure, please call our office.

Very Important: There are restrictions to what you can eat or drink before surgery:

- Clear Liquids = Stop 2 hours before surgery
- Light Meal (e.g. toast and clear liquids) = Stop 12 hours before surgery
- Fried foods, fatty foods, meats = Stop 12 hours before surgery

As a general rule, **do not eat after midnight the night before surgery**. You may have clear liquids (Water, Gatorade) up until 2 hours prior to your surgery.

Similarly, do not use any kind of tobacco product after midnight on the night before your surgery.

On the day of surgery, you do not need to bring any of our own medications to the hospital. The hospital has a list of your medications that you provide to us before surgery

You do not need to donate blood for the surgery. If significant blood loss is expected, we will use an intraoperative blood salvage system to collect and return your blood to you. In some cases, blood loss from spine surgery can necessitate blood transfusion. If you are opposed to blood product transfusion for religious or other reasons you must discuss this with Dr. DelSole prior to your surgery.

### **Information About Anesthesia**

The Department of Anesthesiology will help care for you when you have your surgery or procedure. At this time, Dr. DelSole performs all spine surgeries under general anesthesia. This means that you are completely asleep, and a breathing machine (ventilator) breathes for you. This is the standard of care for spine surgery across the globe. You can discuss this in detail with the anesthesiologist or Dr. DelSole at your office visit.

**Good luck! We look forward to taking care of you and helping you get back to a normal life and routine. Please stop and ask questions along the way. The entire team is here for YOU!**

Edward M. DelSole, MD

## **Patient Disclosure: Consulting Agreements with Orthopaedic Companies**

Dear Patient:

As you prepare for your upcoming surgery, I want to provide you with some information regarding my consulting agreements with orthopaedic companies.

In my career I have been active in research and development of new implants, as well as improving surgical and biological techniques in spine surgery. As part of my work, I collaborate with orthopaedic companies and other national and international surgeons to provide consulting services on orthopaedic products as well as input on new product research and development. In addition, I conduct instructional lectures on implants and surgical techniques for other surgeons and medical personnel. In return for this time and expertise as a fellowship-trained spine surgeon, I receive consulting fees.

I regularly use products from several major orthopaedic companies such as Depuy/Synthes, Medacta International, Globus Medical, Nuvasive, Cerapedics, SI-BONE, Alevio Spine, and Medtronic. Currently, I am a clinical consultant for:

- Depuy/Synthes
- Medacta International
- Cerapedics
- Alevio Spine
- Foundation Surgical

I am also a shareholder of ROMTech, a rehabilitation company that provides in-home physical therapy services. I am also a shareholder and Clinical Advisory Board member of RevelAI, a healthcare-related artificial intelligence company.

I want to assure you that the selection of which product I use in your care is based solely on what I believe is best for you, not on which company makes the product. Furthermore, consulting agreements are specifically written and reviewed to remain independent of product selection and usage. In other words, I do not receive fees for using specific implants in your surgery.

I am certified by the American Board of Orthopaedic Surgery and am a fellow of the American Academy of Orthopaedic Surgeons (AAOS). Both groups hold their members to extremely high ethical standards to protect the trust that patients place in their surgeons. Furthermore, the AAOS has adopted Standards of Professionalism that require its orthopaedic surgeon members to identify and disclose all consulting agreements to their patients, the public, and colleagues. These standards also clearly articulate how and under what circumstances AAOS members may work with and be compensated by orthopaedic companies.

You can learn more about these standards of professionalism at the AAOS website:  
<http://www.aaos.org/member/profcomp/SOPConflictsIndustry.pdf>

It is important to me that you are aware of my consultation with orthopaedic companies. I put the interests of my patients first, and am available to answer any questions that you may have.

Sincerely,

A handwritten signature in blue ink, appearing to read 'E. DeSole', with a stylized flourish at the end.

**Edward M. DeSole, MD, FAAOS**

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