

Preparing For Surgery - Bombay Spine Clinic

- Preparing for Surgery
- Your Guide to a Safe and Smooth Surgical Journey
- Being well prepared before surgery helps improve safety, reduces the risk of complications and supports a faster recovery.
- At Bombay Spine Clinic™, every patient undergoes a comprehensive pre-operative assessment to ensure they are medically fit for surgery. Our team works closely with physicians, anaesthetists, cardiologists and other specialists whenever required to optimise your health before the procedure.
- Preparing well for surgery is a partnership between you, your family and your healthcare team.
- Pre-Operative Guide
- Why Is Pre-Operative Assessment Important?
- Every patient is different. Before surgery, we carefully assess your overall health to ensure that the procedure can be performed as safely as possible.
- The pre-operative evaluation helps us:
 - Confirm the diagnosis
 - Plan the most appropriate surgical procedure
 - Assess your general medical fitness
 - Reduce the risk of complications
 - Plan your anaesthesia safely
 - Discuss expected recovery and rehabilitation
 - Answer all your questions before surgery
- You will also have an opportunity to discuss the benefits, possible risks and expected outcomes of surgery with your spine surgeon.
- Investigations Required
 - The exact investigations depend on your age, medical condition and type of surgery. Common investigations include:
 - Blood Tests
 - These may include:
 - Complete Blood Count (CBC)
 - Blood Sugar (Fasting/Random)
 - Kidney Function Tests (KFT)
 - Liver Function Tests (LFT)
 - Electrolytes

- Blood Group & Cross Match (if required)
- Coagulation Profile (PT/INR)
- Vitamin D and Calcium (when indicated)
- Infection markers such as ESR and CRP (for selected conditions)
- Imaging
- Your surgeon may review:
 - MRI Scan
 - X-rays
 - CT Scan (if required)
 - Dynamic X-rays for instability
 - Bone Density (DEXA Scan) in selected patients
 - Cardiac Evaluation
 - Depending on your age and medical history:
 - ECG
 - 2D Echocardiography (if required)
 - Cardiologist consultation
 - Chest Evaluation
 - When appropriate:
 - Chest X-ray
 - Pulmonary function tests
 - Physician or pulmonologist consultation
- Additional investigations may be advised depending on your medical condition.
- Medication Instructions
 - It is important to tell your doctor about all medicines, vitamins and herbal supplements you are taking.
 - Certain medications may need to be stopped or adjusted before surgery.
 - Blood Thinners
 - Medicines such as Aspirin, Clopidogrel, Warfarin, Apixaban, Rivaroxaban and similar medications may need to be stopped several days before surgery—but only after discussion with your treating physician or cardiologist.
 - Never stop these medications on your own.
 - Diabetes Medications
 - Your diabetes medicines or insulin doses may need adjustment before surgery. Your physician will guide you regarding the appropriate schedule.
 - Blood Pressure Medicines
 - Most blood pressure medications are continued until the day of surgery, although some may require modification. Follow the instructions given by your doctor.
 - Other Medicines
 - Continue all medications exactly as advised by your treating team.
 - Do not start any new medicines or herbal supplements without informing your surgeon.

- Fasting Guidelines
- To reduce the risk of complications during anaesthesia, your stomach should be empty before surgery.
- General recommendations include:
- No solid food for 6–8 hours before surgery.
- Clear liquids (water, clear apple juice, black tea or coffee without milk) may be allowed up to 2 hours before surgery, depending on your anaesthetist's advice.
- Always follow the fasting instructions provided by your hospital or anaesthesia team, as these may vary depending on your surgery and medical condition.
- Admission Checklist
- Please carry the following documents and items when coming to the hospital:
- Medical Documents
- Government Photo ID
- Health Insurance / TPA Card (if applicable)
- Previous medical records
- MRI films and reports
- X-rays
- CT scan films (if available)
- Blood investigation reports
- Previous surgery records
- Current medication list
- Allergy information
- Personal Items
- Comfortable loose-fitting clothes
- Slippers with good grip
- Personal toiletries
- Mobile phone and charger
- Spectacles, hearing aids or dentures (if used)
- Avoid bringing jewellery or unnecessary valuables to the hospital.
- Things to Bring to Hospital
- To make your hospital stay more comfortable, we recommend bringing:
- Essential Items
- Identity proof
- Insurance documents
- Previous imaging studies
- Medical reports
- Regular prescription medications
- Comfortable clothing
- Footwear suitable for walking

- If Advised by Your Surgeon
- Cervical collar
- Lumbar belt
- Walker
- Walking stick
- Compression stockings
- Bring these only if specifically recommended.
- Preparing Yourself Physically
- In the days before surgery, try to:
 - Continue gentle walking if comfortable.
 - Eat a balanced diet rich in protein.
 - Stay well hydrated unless advised otherwise.
 - Get adequate sleep.
 - Stop smoking, as smoking delays wound healing and bone fusion.
 - Avoid alcohol for several days before surgery.
- Inform your doctor immediately if you develop fever, cough, urinary infection or any new illness before the scheduled surgery.
- Good physical preparation helps improve recovery after surgery.
- Preparing Yourself Mentally
- Feeling anxious before surgery is completely normal.
- Many patients have concerns about:
 - Pain after surgery
 - Anaesthesia
 - Walking again

Recovery time

- Returning to work
- Do not hesitate to discuss these concerns with your surgeon. Understanding the procedure and knowing what to expect often helps reduce anxiety and improves confidence.
- Remember, your surgical team is there to guide you through every step of your treatment.
- Preparing Your Home for Recovery
- Before coming to the hospital, it is helpful to prepare your home for a comfortable recovery.
- Consider the following:
 - Arrange a comfortable bed at an easily accessible level.
 - Keep frequently used items within easy reach.
 - Remove loose rugs or obstacles that could increase the risk of falls.
 - Arrange for a family member or caregiver to assist you during the first few days after surgery.
 - Stock up on prescribed medicines and essential groceries.

- Planning ahead can make your recovery smoother and more comfortable.

Frequently Asked Questions

- Do I need to stop all my medicines before surgery?
- No. Some medicines are continued, while others may need adjustment. Always follow your doctor's instructions.
- Can I eat or drink before surgery?
- You must follow the fasting instructions provided by your anaesthesia team. Eating or drinking outside these guidelines may delay or postpone your surgery.
- Should I shave the surgical area?
- No. If hair removal is required, it will be done safely by the hospital staff immediately before surgery.
- What if I develop fever or a cough before surgery?
- Inform your surgeon immediately. In some cases, surgery may need to be postponed until you have recovered.
- Should I stop smoking?
- Yes. Stopping smoking before surgery improves wound healing, bone fusion, reduces infection risk and supports a faster recovery.
- Key Message
- Good Preparation Leads to Better Recovery
- Careful preparation before surgery helps reduce complications, improves safety and allows you to recover more confidently.
- Our team is committed to supporting you through every stage of your surgical journey—from your first consultation to complete recovery.
- Need Assistance Before Surgery?
- If you have any questions regarding your surgery, investigations, medications or hospital admission, please contact our team.
- We are happy to guide you and ensure you feel fully prepared before your procedure.
- Bombay Spine Clinic™ Dr. Siddharth Katkade Consultant Spine Surgeon

Need Clinical Evaluation or Second Opinion?

This educational document was prepared by **Dr. Siddharth Katkade**. For appointments or to share MRI scan reports for clinical review, call **+91 88507 73095** or consult at Byculla (E) / Khar (W) clinics.