

Virtual Preparation Class for Spine Surgery



We invite you to participate in a special virtual class for patients having spine surgery. This is something we strongly recommend for all patients who are scheduled for spine surgery. This class gives you important information that will help you to prepare for your procedure and know what to expect.

This class is taught by a registered nurse, physical therapist and a nurse case manager. The main goal of this class is to address your questions and/or concerns that you might have before surgery, with a focus on what to expect from the day of arrival for surgery, through your stay, and recovery as you prepare to leave the hospital.

Content includes:

- Orientation through your stay from Pre-Operation to Post-Operation
- Introduction to staff roles that will be involved in your care during your stay
- Management of pain after surgery
- Physical Therapy, including information on helping you move soon after surgery
- Case management: Preparing to leave the hospital
- Open forum for Patient Questions and Answers (Q&A)

Classes are typically offered two times each month.

To register for the virtual class

Please email SpinePreOpClass@bidmc.harvard.edu (or ask for your surgeon's clinic to register you via email if you do not have access) or you can call 617-754-2194.

Please provide the following:

- Your name
- Date of surgery
- The best phone number to reach you
- Your email address

Once registered we will send you a Zoom link for the class. We look forward to seeing you in the virtual class. You are welcome to have a family member or friend join in as well.