

Preparation Class for Spine Surgery

We would like to invite you to a special class for patients having spine surgery. This is something we strongly recommend for all patients who are scheduled for this surgery. This class provides you with important information that will help you prepare for your procedure and know what to expect.

This class is taught by a registered nurse, physical therapist and nurse case manager. The primary 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 for discharge. You are welcome to bring a family member or friend with you to class.

Content includes:

- Orientation and tour 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 following surgery
- Physical Therapy, including information on helping you move soon after surgery
- Case Management: Preparing for discharge
- Open forum for Patient Questions and Answers (Q&A)

Classes are offered 2 times each month. Please see below calendar for upcoming times as well as registration information. *Lunch/dinner and free parking passes will be provided.*

	Tuesday	Wednesday
December	12/3/2019 11:00AM – 12:30PM	12/18/2019 6:00 – 7:30PM
January	1/7/2020 11:00AM – 12:30PM	1/15/2020 6:00 – 7:30PM
February	2/4/2020 11:00AM – 12:30PM	2/26/2020 6:00 – 7:30PM
March	3/3/2020 11:00AM – 12:30PM	3/18/2020 6:00 – 7:30PM
April	4/7/2020 11:00AM – 12:30PM	4/15/2020 6:00 – 7:30PM
May	5/5/2020 11:00AM – 12:30PM	5/20/2020 6:00 – 7:30PM
June	6/2/2020 11:00AM – 12:30PM	6/17/2020 6:00 – 7:30PM

To register for the class of your choice:

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 call 617-754-2194. Please provide your name, date of surgery, desired class, as well as a best phone number to reach you.

Classes will be held on the 6th Floor of the Rosenberg Building on the West Campus of BIDMC. Please refer to the other side of this sheet for information about parking and directions to the meeting location. We can provide free parking passes for the Pilgrim Parking Garage (the nearest garage to the class). We look forward to seeing you soon!

information