



MedStar Health

Spine Surgery **Guidebook.**

For patients of MedStar Union Memorial Hospital.



It's how we treat people.



Thank you for choosing MedStar Health for your spine surgery.

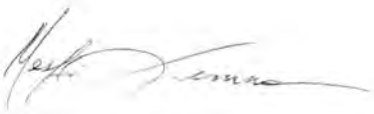
At MedStar Health, we use the best of our minds and the best of our hearts to serve our patients, those who care for them, and our communities. Our multidisciplinary spine program combines the skill and expertise of orthopaedic surgeons, neurosurgeons, and specialty trained associates at MedStar Union Memorial Hospital, MedStar Franklin Square Medical Center, MedStar Harbor Hospital, and more than 20 community locations, giving you convenient access to high-quality health care.

MedStar Health’s spine program is among the best available. Simply put, experience matters. For more than 160 years, our dedicated, specialty trained team of physicians, nurses, and support staff has been providing quality care. Our staff works together to make your experience a pleasant one.

While here, you’ll enjoy care in a friendly and supportive environment. Your treatment is based on your individual needs. We’ll help you set goals for success and track your progress. We also encourage your family members to join in your recovery. At MedStar Health—it’s how we treat people.

Your recovery begins today!

Sincerely,



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**Read more about your spine team
at [MedStarHealth.org](https://www.MedStarHealth.org).**

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Your guidebook to a successful recovery.

As you read through this guidebook, you will find important information on how to best prepare for your spine surgery so you can return to your normal activities at home as quickly and safely as possible. Please remember that this is just a guide, and your healthcare team may modify some of the instructions presented here. Always follow their recommendations first, and ask questions if you are unsure of any information.

Please bring this guidebook with you to:

- **Every office visit**
- **The hospital on the day of surgery**
- **Your therapy prehabilitation (also known as prehab) appointment**
- **Your spine surgery pre-operative class**
- **All follow-up visits after surgery**

myMedStar.org patient portal

Wish you had a copy of this book that you could view on your phone?

Need a prescription refill or an appointment with your MedStar Health doctor?

There's a secure way to get access to your medical information any time of day or night on your computer, tablet, or smartphone. Sign up for myMedStar, our free, secure, online patient portal.

Just go to **myMedStar.org** and click **Enroll Now**.



Before surgery

From pre-surgery through recovery, our focus is you.

Before surgery at MedStar Union Memorial Hospital, you will be matched with a patient care coordinator (PaCC). Your PaCC is a specialty trained healthcare professional who will guide you through the pre- and post-surgical services you need for a successful recovery. Consider your PaCC your champion, whose goal is to get you back to your active life as seamlessly as possible.

Your PaCC will contact you approximately two weeks prior to your procedure to work with you to develop your individualized safe recovery plan by discussing the following:

- **Spine surgery pre-operative education class**
- **Outpatient therapy prehab appointment**
- **Recommendations to prepare your home and support system prior to surgery**
- **The day of surgery**
- **Therapy services if recommended**
- **Safe transition to recovery at home**

Collaborating with your physician and other care professionals, the PaCC team works to help you safely return to your highest level of function, so you can live your life to the fullest.

Should you have any questions before you're matched with your PaCC, please call **410-554-2820**.

Your name

Your PaCC

PaCC phone number

My appointments.

Appointment assignments vary by physician, so you may not need to schedule all the appointments listed here. To help you keep track of your appointments prior to surgery, please record the date and time in the appropriate sections below.

Name of surgeon:

Phone number:

Date of surgery:

Arrival time:

Surgery time:

Pre-operative appointments:

Pre-operative history and physical

Location:

Date:

Time:

*Call your primary care doctor, MedStar Health Urgent Care, or MedStar Good Samaritan Hospital at **443-444-3725** for an appointment.*

MedStar Health prehab (physical therapy)

Location:

Date:

Time:

Blood type and screen test (only if ordered)

Location:

Date:

Time:

Available at the Calvert Lab at MedStar Union Memorial Hospital and at the Smyth Lab at MedStar Good Samaritan Hospital.

Pre-operative class (view online at MedStarOrtho.org/Class)

Date:

Time:

My appointments. (continued)

Post-operative appointments (as recommended by your surgeon and care team):

Follow-up with surgeon (two to six weeks)

Date:

Time:

Location:

Phone number:

Home health services

Date:

Time:

Name of agency:

Phone number:

To view a list of agencies with current Medicare ratings, visit [Medicare.gov/HomeHealthCompare/Search.html](https://www.Medicare.gov/HomeHealthCompare/Search.html)

Outpatient physical therapy services

Date:

Time:

Location:

Phone number:

To view a list of MedStar Health Physical Therapy locations, visit [MedStarHealth.org/PhysicalTherapy](https://www.MedStarHealth.org/PhysicalTherapy)

Important phone numbers.

Phone calls to expect from us prior to your surgery:

As a courtesy to you, several members of our team **may** contact you before your surgery to gather information and help you prepare for your patient experience.

- Registration**
(for pre-registration)
- MedStar Corporate Finance**
(for insurance verification)
- Acute Pain Service**
(for pain management interview)
- Pre-Anesthesia Testing (PAT)**
(for pre-operative nursing interview)
- Patient Care Coordination Team**
(for pre- and post-surgical rehabilitation planning for surgeries at MedStar Union Memorial Hospital)

MedStar Health Physical Therapy	844-91-GETPT (43878)
MedStar Patient Financial Services	410-933-8200

MedStar Union Memorial Hospital

MedStar Union Memorial Hospital	410-554-2000
Patient Care Coordination Team	410-554-2820
Pre-Anesthesia Testing Fax	410-554-2387
Admitting Office.....	410-554-2895
Anesthesia Office.....	410-554-6559
Calvert Lab (Blood Type and Screen Test)	410-554-2328
Smyth Lab (Blood Type and Screen Test).....	443-444-4952
Inpatient Nurse Manager (Orthopaedic Unit).....	410-554-2312

For more information about MedStar Union Memorial Hospital, visit MedStarUnionMemorial.org



Preparing for your surgery.



Planning for your recovery after surgery actually begins several weeks before your surgery date.

Physical exam

A complete medical exam is usually required before your surgery. Often, your primary care physician performs the exam.

The exam consists of a review of your overall health to determine if any medical conditions could interfere with your surgery and recovery. In addition, your physician may order further tests if you have certain risk factors.

On the day of your exam, bring with you:

- **This guidebook**
- **A list of your medications, including any over-the-counter medications you are taking**
- **Your insurance card and photo ID**
- **A list of your physicians and their phone numbers**

Additionally, we have provided a history and physical assessment form to be completed by your physician. If your exam is performed by your primary care physician, their medical office must fax the form at least **14 days** before your surgery at **410-554-2387**.

If you are having difficulty getting this form completed within the time frame required by your surgeon, please let your surgeon's office know as soon as possible so they can assist you in completing this requirement.

Pre-operative patient education classes

The pre-operative patient education classes offer you the peace of mind that comes with understanding every step of your experience. The classes are specifically designed for patients having spine surgery and provide an overview of what to expect before, during, and after surgery. We strongly encourage you and a family member or caregiver to view the pre-operative classes.

You can view the classes online at **MedStarOrtho.org/Class**.

The class covers:

- **Planning ahead for a successful recovery**
- **Preparing your home**
- **Role of the patient care coordinator, or PaCC (if applicable)**
- **Your spine surgery**
- **Your hospital stay**
- **Therapy in the hospital**
- **Discharge goals and expectations**

Prehabilitation (Prehab)

MedStar Health Physical Therapy's prehab program is an individually tailored outpatient physical therapy appointment. It will help prepare you for surgery and facilitate recovery afterward, so you can return to your normal activities as quickly and safely as possible. You will learn what to expect before and after surgery as well as determine any special needs you may have during recovery.

Specifically, prehab includes the following objectives:

- **Learn and practice the body mechanics that you will use after surgery to protect your spine**
- **Learn exercises to strengthen muscles before and after surgery**
- **Learn about precautions following surgery**
- **Learn how to manage your daily activities at home following surgery**
- **Ask any questions you may have about the rehabilitation process**
- **Discover how to prepare your home to make the transition after surgery easier**
- **Determine any specialized equipment you may need after surgery**

To schedule your prehab therapy appointment prior to surgery, you can call MedStar Health Physical Therapy at **844-91-GETPT** or you may also be contacted to assist in scheduling an appointment.

To view a list of MedStar Health Physical Therapy locations, visit [MedStarHealth.org/PhysicalTherapy](https://www.MedStarHealth.org/PhysicalTherapy).

Durable medical equipment

You may require special equipment at home for some time after surgery, and your therapist may make specific recommendations during prehab. Insurance does not pay for this equipment, so you are encouraged to explore other purchasing options.

To the right is a list of equipment commonly used after spine surgery. Some patients may not need any of the equipment on this list. Others will benefit from having some of these items, because they may make their recovery easier and safer.

Examples of where to purchase equipment:

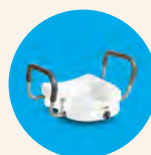
- Amazon.com
- CVS
- eBay
- Home Depot
- Lowe's
- Northern Pharmacy
- Target
- Walgreens
- Walmart

Medical equipment can also sometimes be found at county or local church loan closets.

Medical equipment you may need after surgery:



Raised toilet seat
(\$15-\$25)



Raised toilet seat with arms
(\$25-\$40)



Toilet safety rail
(\$20-\$40)



Bedside commode
(\$35-\$50)



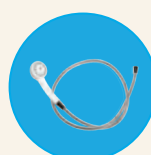
Shower chair
(\$30-\$60)



Extended tub bench
(\$50-\$80)



Safety/grab bars
(\$15 and up)
Note: For your safety, securely attach the grab bars to the wall; it is not recommended to use the bars with suction cups.

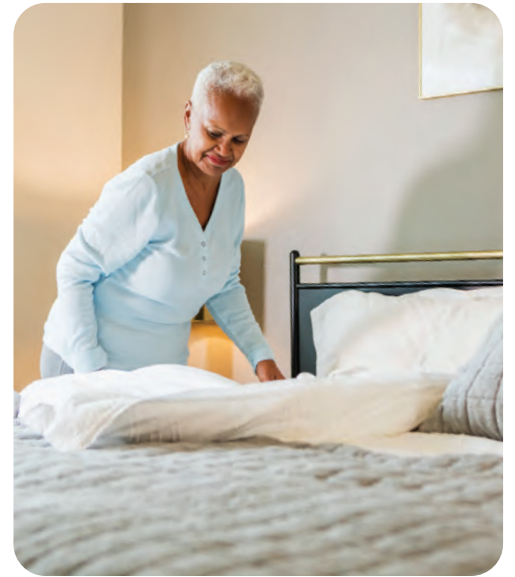


Hand-held showerhead
(\$20 and up)



Lower body adaptive equipment kit (commonly called hip kit)
(\$20-\$30)

Planning ahead for a **successful** **recovery.**



There are several things you (or a family member or friend) can do to make sure your home is safe and comfortable while you are recovering.



Recovery area

1. Select an area on one level of your home where you will be comfortable spending the majority of the day.
2. Make sure you have a bathroom or bedside commode close by.
3. Have comfortable, supportive seating.
4. Have a table or tray next to your seat to have easy access to food, water, and a phone.



Throughout your home

1. Choose firm chairs with armrests when possible and use a cushion to raise the height if necessary.
2. Avoid chairs with wheels.
3. Before sitting down, make sure all items are within reach.
4. Remove clutter, loose rugs, and extension cords from the floor.
5. Install railings on stairs.



Bedroom and bathroom

1. Use a night light.
2. Use a shower chair or bench in your tub or shower.
3. Consider purchasing a hand-held showerhead.
4. Use a raised toilet seat if you already have difficulty standing up from your toilet prior to surgery.
5. Leave the bathroom door unlocked, so it can be opened from both sides.
6. Consider the use of a rubber mat or nonskid strips in the tub and shower.
7. Consider installing grab bars around the toilet and tub or shower. (It is not safe to pull up on a towel bar.)



Transportation

1. Consider height of vehicle (SUV vs. sedan) upon discharge. Particularly tall patients will have difficulty getting into smaller cars, and shorter patients will have difficulty climbing into larger vehicles.
2. Remember, you will not be able to drive until you are cleared by your surgeon.



Kitchen

1. Move commonly used items in your refrigerator and cabinets to easy-to-reach shelves or countertops (at arm level) to avoid excessive bending, reaching, and squatting.
2. Prepare meals ahead of time and freeze them.
3. Place a high stool or chair in the kitchen area to sit on while working.



Daily living

1. Use your assistive device as directed.
2. Allow yourself plenty of extra time to complete your daily tasks and get to scheduled appointments.
3. Stay home if inclement weather is in the forecast.
4. Consider alternative care for your pets. You may not be able to walk a dog, reach to the floor for food and water bowls, or change cat litter.



Countdown to surgery **checklists.**

Please review the **Preparing for Your Surgery** section on pages 10 and 11.

More than 14 days before surgery:

- Schedule pre-operative physical exam. Be sure that your physical exam paperwork (located in the pocket of this guidebook) is faxed to the appropriate pre-op office at least 14 days before your surgery. (See page 8 for fax number.)
- Complete Family Medical Leave Act (FMLA) paperwork.
- If you've seen any specialists (i.e., cardiologist, hematologist, pulmonologist), you may also require clearance from them prior to surgery. It is best to discuss this with your primary care physician.
- Stop smoking and using any products containing nicotine (cigarettes, electronic cigarettes, chewing tobacco, nicotine gum or patches, pipes, cigars, etc.).*
- Schedule your physical therapy prehab appointment. You can view a list of MedStar Health Physical Therapy locations at **MedStarHealth.org/PhysicalTherapy**.
- Prepare your home for recovery from surgery. Please review the suggestions on pages 12-13.
- Arrange how you will get home when you are discharged from the hospital.
- Identify the family members and/or friends who will help take care of you when you get home.
- Visit the Calvert Lab at MedStar Union Memorial Hospital or the Smyth Lab at MedStar Good Samaritan Hospital to have your blood type and screening test, only if ordered by your surgeon.

14 days before surgery:

- If you take a weight-loss supplement containing the drug phentermine, stop taking it at least 14 days prior to surgery.*

Within 14 days of surgery:

- Watch the online pre-operative spine surgery classes at **MedstarOrtho.org/Class**.
- If you are having surgery at MedStar Union Memorial, expect a call from your assigned PaCC to help you with discharge planning.

7 to 10 days before surgery:

- Stop taking certain medicines; these typically include blood thinners and nonsteroidal anti-inflammatories (NSAIDs), before surgery, if told to do so by your doctor.
- If you are diabetic, you should have the physician who manages your diabetes advise you on how to adjust your medications for the day of surgery (when you can't eat or drink before the surgery).

*** Please note:** For your safety, failure to comply with these requirements may result in your surgery being canceled.

Countdown to surgery **checklists.**

(continued)

Day before surgery:

- DO NOT eat or drink after midnight** before your surgery—remember, this includes candy, gum, mints, etc.
- Shower with Hibiclens. Please review the pre-operative shower instructions on page 16. **Remember: Do not apply any powder, deodorant, perfumes, or lotions after washing with the Hibiclens.**

Day of surgery:

- Notify your surgeon immediately if you have a cold, show signs of any infection (drainage, sore, toothache), or experience other changes in your physical condition.
- Please keep your cell phone on to maintain communication with your surgeon. If the operating room's schedule changes on the day of your surgery, your start time may be affected.
- DO NOT eat or drink after midnight** before your surgery—remember, this includes candy, mints, etc.—unless otherwise instructed by your surgeon.
- Non-diabetic ERAS (Expedited Recovery After Surgery) patients should get a Gatorade at the hospital on the morning of surgery.
- DO NOT smoke** or use any nicotine products on the day of your surgery.
- DO NOT apply lotion, oil, powder, perfume, or deodorant** to your surgical area after using soap. This will help decrease the number of bacteria that naturally occur on the skin.

Day of surgery (continued):

- DO NOT wear jewelry** (including wedding rings) or contact lenses.
- If you are instructed by your primary care physician or by the physician who did your pre-op physical, you may take any recommended medications with a sip of water on the morning of your surgery.
- Take a shower again with Hibiclens soap the morning of your surgery. Please review the pre-operative shower instructions on page 16.
- Wear clean clothes.
- Arrive at the hospital two to three hours prior to surgery (per your surgeon's instructions).
- Please have a plan to pay your co-pay if you are filling your prescriptions at the hospital prior to discharge.
- Leave all valuables at home on the day of surgery. This includes cash, credit cards, jewelry, laptop computers, and cell phones. Please note that MedStar Health is not responsible for any loss of, damage to, or theft of valuables.
- For surgeries at MedStar Union Memorial Hospital, please park in Garage A and walk over the breezeway. Refer to page 41 for a hospital map.
- Respect our Patient and Visitor Code of Conduct.

Pre-surgery Hibiclens[®] skin prep instructions.



The purpose of the Hibiclens shower prep is to get your skin as clean as possible prior to surgery, therefore helping to prevent infection. Please read all instructions below before starting your Hibiclens shower prep.

Pre-operative Skin Care Instructions:

On **the night before and the morning of** your surgery:

1. In the shower, get your entire body wet. If you are going to wash your hair, do so and make sure all shampoo is rinsed off your hair and body prior to starting your prep. Use regular soap and water on your face and genitals.
2. Turn off the water and open a packet of Hibiclens.
3. Pour the Hibiclens onto your hands. DO NOT use a sponge, washcloth, etc.
4. Wash your body with the soap from the neck down. Do not forget your back. Take about five minutes to do this, allowing the Hibiclens to clean your skin before you rinse.
5. Turn the water back on and rinse thoroughly with warm water. DO NOT wash with soap after you have washed with Hibiclens.

- Wear clean pajamas and sleep on clean sheets the night before surgery.
- Please repeat the steps at left the morning of your surgery. Wear clean clothes to the hospital the morning of your surgery.
- **Do not use any powder, deodorant, perfumes, or lotions after washing with Hibiclens.**

For questions, please call your surgeon's office.

You can purchase Hibiclens antiseptic skin cleanser (generic name: 4% chlorhexidine gluconate) at any pharmacy (Walmart, CVS, Walgreens, etc.).

Factors that contribute to complications.



Conditions that may increase your risk of having a complication during spine surgery include:

Obesity and poor nutrition

Proper nutrition plays an important role in your recovery and overall health. When your weight is under control and you are preparing for spine surgery, it is important that your diet be nutritionally sound. Poor nutrition and obesity can increase your risk for infection and delay wound healing.

If you are overweight and would like to lose weight before or after surgery, we recommend that you join a physician-supervised weight-loss program. Please ask a member of your healthcare team for more information.

Heart and lung disease

These pre-existing conditions may lead to post-operative complications. Please make sure your healthcare team is aware of any heart or lung conditions.

Smoking and nicotine products

Stop smoking and using any products containing nicotine (cigarettes, electronic cigarettes, chewing tobacco, pipes, cigars, nicotine patches or gum, etc.). Nicotine in tobacco products has been scientifically proven to slow bone healing by poisoning the cells in your body that are responsible for making bone. Smoking can increase your chance of lung complications and delay wound healing. Please ask a member of your healthcare team for information regarding smoking cessation.

Diabetes

Poorly controlled diabetes can slow healing and lead to an increased risk for infection.

Signs of infection, such as a recent cold, flu, sore throat, and/or tooth disease

An infection anywhere in the body can interfere with the healing of the surgical site. It is important that you are free of infection before surgery and seek immediate treatment for any infection that may occur after your surgery.

The most common areas that may be a source of bacteria in the body are the teeth and urinary tract. If you have not had a dental checkup within the last year, or if you have any dental infections, you are encouraged to make an appointment prior to your surgery. If you have any problems with urinating—frequency, burning, or difficulty passing urine—you should see your family doctor or urologist before surgery. Let your surgeon know if you have a cold, sores, cuts, or inflamed areas anywhere on your body.

Participating in your care.



Your care team is made up of highly skilled and trained healthcare professionals, including your surgeon, anesthesia providers, nurses, pharmacists, physician assistants, nurse practitioners, patient care coordinators, and physical and occupational therapists. But the most important member of the team is you.

Patient

You are the most important member of the team. Preparing yourself prior to surgery and understanding what must happen before and after your hospital stay contribute to a positive, successful outcome. Your participation is extremely important in your return to an active, independent, and rewarding lifestyle.

Spine surgeon

Your surgeon is board-certified and fellowship trained in the surgical techniques and care involved in spine surgery. They may be an orthopaedic surgeon or a neurosurgeon; both types of fellowship trained surgeons are experts in spine surgery.

Anesthesia provider

Your anesthesia provider is responsible for administering your pain medication and monitoring your condition during and immediately following the procedure.

PaCC (for surgeries at MedStar Union Memorial)

Your PaCC will advise you on pre- and post-surgical options, from attending your pre-operative spine surgery class to post-surgical rehabilitation and recovery. Working with your surgeon, your insurance, and members of your healthcare team, your PaCC will assist you in developing a post-surgical plan using the anticipated levels of rehabilitation services you need to reach your goals.

Specialty nursing

Your nurses—both in the operating room and on the inpatient unit—have been specialty trained and are experts in the care of patients undergoing spine surgery.

Physician assistant or nurse practitioner

The physician assistants (PA) or certified registered nurse practitioners (CRNP or NP) are specialty trained healthcare providers who work directly with your surgeon and care team to manage your overall medical care while in the hospital.

Physical therapist

The physical therapist (PT) evaluates and monitors your progress before and after surgery as it relates to your strength, balance, and physical function. The PT helps make sure that you are as independent and safe as possible when moving around after surgery.

Occupational therapist

The occupational therapist (OT) teaches you to safely manage your activities of daily living (ADLs), such as bathing, dressing, transferring to the toilet and tub or shower, and getting around your home.

Here are other ways you can participate in your care:

- **Ask for pain medication and to visit the bathroom prior to your therapy sessions.**
- Make sure your nurse or doctor checks your identification (ID) wristband or asks your name before they administer any medication or treatment.
- Make sure your caregiver is wearing an identification (ID) badge.
- Carefully read any medical forms, making sure you understand them before you sign them.
- Know what medications you take and why you take them.
- Talk to your doctor or nurse about your medications and any side effects you may experience.
- Ask for written information about your medications.
- Ask staff to explain what they are doing and why.
- Educate yourself about your diagnosis, medical tests, and treatment plan. The MedStar Union Memorial Hospital Medical Library also has materials that may be helpful.
- Respect our Patient and Visitor Code of Conduct.
- Sign up for **myMedStar**, a secure way to access your medical information any time of day or night on your own computer, tablet, or smartphone. To sign up, visit **myMedStar.org** and click Enroll Now. Learn more on page 3.



The day of surgery.

Pre-operative Assessment Center (Pre-op)

After you check in, you will be directed to the Pre-operative Assessment Center, also known as Pre-op. Here, you will register, receive a nurse visit, meet your anesthesia provider, and have a chance to speak with your surgeon. Before surgery, it is important to inform your anesthesia team of any allergies or medications that have caused you problems in the past. It is also important to discuss any problems you may have had with anesthesia.

While in Pre-op, information regarding your medical condition will be reviewed and confirmed by the surgical team. You will have an IV inserted in your arm for fluids and medications during surgery. You are now ready for surgery.

Operating room

Your time in the operating room will depend on the complexity of the procedure. Your family and friends are welcome to stay in the waiting area until you are ready for visitors. If they would prefer to visit other

areas of the hospital such as the cafeteria, coffee stand, or gift shop, a secretary will call their cell phone when it is time to return to the surgical waiting area. Once your surgery is completed, the surgeon will speak with your family and friends in the waiting area and discuss the outcome of your surgery.

Post Anesthesia Care unit (PACU)

After your surgery is complete, you will be taken to the Post Anesthesia Care unit to recover from anesthesia.

This is also known as the recovery room. This is a critical care unit staffed with specialty trained nurses who will monitor you closely, checking your vital signs, pain level, and surgical site. You will remain in the recovery room until you are either discharged to home (for outpatient surgeries) or transferred to your hospital room if staying overnight.

In order to be safely discharged to home, you will need to be medically stable and be able to move around safely.

Things to bring to the hospital:

- Driver's license or passport** for photo identification
- Insurance cards** (including your prescription card, if you have one)
- Copies of advance directives** or living will (if you have them)
- List of all the medicines you take,** dosages, and the time of day you take them, including over-the-counter drugs and prescription medicines, as well as a list of any allergies you have. Please bring only the list of medications with you to the hospital. Do not bring the medicine.
- A plan to pay co-pays** for any prescriptions you fill at the hospital. Your plan could include paying over the phone, having a family or friend pick up, or paying at the bedside with cash or credit card.
- Personal items:** Glasses, hearing aids, and dentures
- Footwear:** Shoes that protect your toes and heels, have a rubber sole, and will stay on your feet such as sneakers, slip-on flats, or sturdy slippers are recommended.
- Clothing:** You may have a bulky dressing on your surgical incision, which may drain fluid for the first few days, so loose-fitting clothing is recommended. This could include elastic waist shorts, skirts, short gowns, pajamas, bathrobes, and several changes of underwear and socks. If you are having neck surgery, loose wide-neck shirts or button-downs are recommended.

If staying overnight at the hospital:

- Toiletries:** Soap, shampoo, shaving items, toothbrush, toothpaste, comb, makeup, brush, and deodorant
- C-PAP or external breathing devices:** If you typically use assistive breathing devices at home, please bring them with you and label them with your name. Your nursing team will discuss arrangements for using them while in the hospital and will provide the sterile water for the machine.

Caregiving tips.



- **Visiting hours are subject to change due to hospital or health department regulations.**

All visitors must have a visitor's pass. Under normal circumstances, visiting hours are from 11 a.m. to 7 p.m. daily. Please check with your family member's nursing team for the latest information on:

- How many visitors are allowed
- Visitor age restrictions
- If a single overnight guest is permitted

Remember that limiting visit time allows patients to use their energy for recovery.

- The hospital is unable to store personal property, such as suitcases and laptops, and is not responsible for lost or stolen property. Please do not bring valuables to the hospital except for payment for your medication upon discharge.
- Please do not bring medications from home.
- You may bring your family member's favorite foods to the hospital, as long as they do not have any dietary restrictions. Please ensure any food you bring to the hospital is placed in labeled and sealed containers.

- Be sure the vehicle used to take the patient home is large enough to get in and out of easily. Small, compact cars are not recommended and can cause discomfort.

- Free Wi-Fi is available in the hospital. The network is "MedStarGuest."

- Encourage your family member to follow all instructions and guidelines provided. This is especially important because they might be discouraged by pain and fatigue that can often follow surgery. Remember, it is normal to have some pain and discomfort after surgery.

- Call the surgeon's office if you have any questions or concerns.

- To ensure our hospitals and care locations are safe, caring, and inclusive, we ask that patient and visitors follow the example of MedStar Health providers and associates by using respectful, appropriate language and behavior. Details can be reviewed at **[MedStarHealth.org/Code-of-Conduct](https://www.medstarhealth.org/code-of-conduct)**.



After surgery.



Post-operative equipment

After surgery, either in the recovery room or the skilled nursing unit, your vital signs (blood pressure, pulse, respirations, temperature, and oxygen levels) will continue to be monitored as your anesthesia wears off.

You will notice a lot of equipment on and around you, which may include:

- **Compression stockings** on legs to help minimize the risk of developing blood clots.
- **Sequential compression devices (SCD)** on legs to assist with circulation. An SCD comfortably squeezes and relaxes your legs like a massage.
- **Heel protectors** on feet to help keep your heels slightly off the bed to prevent pressure areas from developing.

Your care in the hospital

We will visit your room frequently, but you can always call for assistance. Your room is connected to the nursing station via an intercom system. To call for your nurse, press the NURSE call button located at your bedside.

Your recovery

After surgery, when cleared by your surgeon, you will get out of bed with the assistance of a physical or occupational therapist or specialty trained nurse. While in bed, you may lie on your back or your side with pillow support to keep you comfortably positioned. See page 29 on positioning after spine surgery.

Getting in and out of bed

We are committed to making sure you are safe while getting in and out of bed following surgery. Use the call button, located at your bedside, to call your nurse for help each time you have a need to move about the room. Please do not get out of bed without assistance. We want to keep you safe from falls.

Going to the bathroom

Because your safety comes first, your caregiver may stay with you during your bathroom visit to prevent falls. Please use your call button to call the nurse so you don't have to go on your own. Due to the effects of medication and anesthesia, all patients should be monitored—even those who have never fallen before or do not believe they are at risk for falling. Although this might seem uncomfortable, please know that we respect your privacy.

Managing your pain

Everyone experiences and handles pain differently. That's why we work closely with you to develop a pain goal and keep you as comfortable as possible after your surgery. Remember, it is normal to have pain and discomfort after surgery. There are many ways to control pain that do not involve medication, including ice, distraction, and deep breathing.

Our Acute Pain Service utilizes information obtained in the pre-operative visit to tailor a post-operative pain regimen, including oral and intravenous medications, to improve your pain control. The goal is to determine your optimal oral pain regimen early in your recovery process. We strive to determine the best way to keep your pain controlled while you are in the hospital and then send you home with a plan to manage your pain and prescriptions for the medications that work for you.

Remember that adequately controlled pain means you are able to do the activities you need to do in order to recover without experiencing severe pain. It does not mean you will be pain-free. Mild to moderate discomfort can be normal as you recover and become more active. **Post-operative pain drastically decreases in the first few days after surgery.**

After surgery

Rehabilitation services and going home.



Rehabilitation is very important in returning you to the highest level of function possible.

Rehabilitation is an ongoing process and requires your hard work. We are here to support and guide you in all steps of your rehabilitation after surgery.

If your surgeon orders therapy after your surgery, the physical therapist and occupational therapist will first work with you at the bedside and continue to follow up with you until you are discharged. Please remember to ask for pain medication before it's time for therapy.

Physical therapy

Beginning the morning after surgery, you will be seen initially to:

1. Evaluate your mobility, gait function, balance, and range of motion.
2. Begin gentle exercises to maintain and improve strength throughout your recovery.
3. Stand up and walk (with assistance).

Your physical therapist may also suggest modifications to your home to make your mobility easier and safer, and they will provide recommendations for home equipment.

Occupational therapy

Beginning the morning after surgery, you will be seen initially to:

1. Teach you the easiest and safest techniques for getting dressed and bathed.

2. Teach you how to safely get in and out of your tub or shower.
3. Recommend any equipment that could make toileting, bathing, or dressing easier or safer for you.
4. Answer any questions or concerns you have about your home setup.

Your occupational therapist may give you some equipment. Each piece of equipment has a function that will assist you during recovery.

Discharge goals

Your program will focus on teaching you to move safely and complete daily activities after surgery.

You should achieve the following goals prior to discharge:

1. Demonstrate the ability to get in and out of bed.
2. Demonstrate understanding of techniques for dressing and bathing.
3. Safely get up and down from a seated position, including the toilet.
4. Walk safely with the appropriate assistive device.
5. Climb stairs as needed.

The majority of our spine surgery patients are discharged home. Your surgeon and healthcare team will work with you to ensure you have a safe discharge plan.

During the discharge planning process, your healthcare team will work together to ensure that your needs are met for a speedy recovery. Please discuss your anticipated discharge day and time with your physician, nurse, and family members, before surgery, so you can be prepared for a safe and healthy return home.

Discharge instructions

Before you leave the hospital, a member of your care team will review discharge instructions about any post-hospital care, including medications, diet, activity restrictions, and future appointments. These discharge instructions provide information about when you can expect to return to certain activities of daily living, such as showering and driving. You will receive a written copy of these instructions and review the instructions with your care team before you leave the hospital. You may be required to contact your surgeon's office for specific details about your individual recovery. If you have questions about your diet, activities, or other matters, please don't hesitate to ask.

Your opinion matters

We are always committed to providing the best in quality and service. Following your visit, you may receive a survey asking about your experience. Your feedback helps us identify ways to continually improve your patient experience and our quality of care.

Before going home

- **Arrange for a family member or friend to drive you home on the day of discharge.**
- **A staff member will escort you to the patient pickup area located in front of the hospital.** Check your room carefully to make sure you have all your personal belongings.
- **Your doctor will write a prescription for any medication before you are discharged.** As an added convenience, you can have your prescriptions filled at MedStar Pharmacy and delivered to your bedside prior to leaving. Talk to your nurse or PaCC to make the arrangements. Please have a plan to pay your co-pays. You can have a family member or friend pay for you, pay by credit card over the phone, or with cash/credit card at the bedside. You also may take your prescriptions with you to fill at your local pharmacy.
- **Your PaCC will work with you to arrange any special services or supplies you may need at home.** If you have a preference for a home health agency or durable medical equipment supplier, we will work with that company to continue your care.

Your PaCC will assist with arranging the post-op therapy services most appropriate for your individual surgery and recovery plan.

- **No services**—where the patient discharges to home until follow-up with the surgeon.
- **Home care services**—where the patient receives physical therapy, occupational therapy, and/or nursing in the home two to three times per week. Your surgeon and healthcare team will help decide if you meet the criteria for home care.
- **Outpatient services**—after you follow up with your surgeon, they may recommend that you go to an outpatient physical therapy clinic to continue improving your strength and mobility.

Ongoing **recovery.**

Your doctor, along with the team, will assist you with understanding which rehabilitation services are best for you.

MedStar Health

MedStar Union Memorial Hospital is part of MedStar Health, a nonprofit, regional healthcare system with 10 hospitals and more than 20 other health-related services in the Maryland and Washington, D.C., region. As you progress from surgery to at-home recovery and outpatient therapy, you may choose to continue your MedStar Health patient experience at another provider in the MedStar Health system. Your PaCC can answer any questions you may have as you consider your options for care after your orthopaedic surgery.

Home health

If you are qualified, considered homebound, and are recommended for home care services, your doctor may write an order for you to receive healthcare services in the home. Depending on your needs, this may include physical therapy, occupational therapy, and/or nursing. Make sure to tell your PaCC the address where you will be staying after surgery (especially if it is not your home address). They will work to set up the appropriate services based on your needs, doctor's orders, location, and insurance coverage.

You have the right to choose whatever home healthcare provider you prefer. If you have a preference, we will work with that company to continue your care. Please keep in mind that your insurance company, as well as the amount of services you receive, may influence the home-health agency.

To view a list of agencies with current Medicare ratings, visit [Medicare.gov/HomeHealthCompare/Search.html](https://www.Medicare.gov/HomeHealthCompare/Search.html)

Outpatient physical therapy

After you follow up with your surgeon, they may recommend you start physical therapy to improve your strength and mobility. Therapy is available on an outpatient basis at more than 50 MedStar Health Physical Therapy sites.

To view a list of MedStar Health Physical Therapy locations, visit [MedStarHealth.org/PhysicalTherapy](https://www.MedStarHealth.org/PhysicalTherapy)

Generally, you attend outpatient therapy for two to three visits per week, if recommended by your surgeon, as part of your rehabilitation until you reach your therapy goals.

Additional rehabilitation options

During your hospital stay, if you are not safe to discharge home, your surgeon and the team may recommend a short-term rehabilitation stay. Placement depends on your needs and insurance coverage.

Your PaCC will discuss these options with you.



Patient **advocacy.**



Patient advocacy

Your care and comfort during your hospital stay are very important to us. Should you have any concerns or problems that cannot be resolved by a member of your healthcare team, our Patient Advocacy staff is available to help answer questions, respond to complaints, and assist in a variety of other ways.

If you wish to voice a concern, please call Patient Advocacy at the phone numbers below. MedStar Health encourages you to share any concerns you may have about your care. All attempts will be made to resolve the concern or issue in a timely manner. If your concerns are not resolved to your satisfaction after you leave the hospital, you may submit a complaint to the Maryland Department of Health and Mental Hygiene or The Joint Commission.

Patient Advocacy

MedStar Union Memorial Hospital
201 E. University Parkway
Baltimore, MD 21218
410-554-4565

Maryland Department of Health and Mental Hygiene

Office of Health Care Quality,
Spring Grove Center, Bland Bryant Building
55 Wade Ave.
Catonsville, MD 21228-4663
410-402-8000

The Joint Commission

Office of Quality Monitoring
One Renaissance Blvd.
Oakbrook Terrace, IL 60181
800-994-6610



Speak up about patient safety

Patient safety is a top priority at MedStar Health, and we encourage you to take an active role in your health care. We urge you to speak up if you have questions or concerns about your diagnosis, hospital care, medications, tests, and treatments. If you don't understand, ask again. You have a right to know.

Consider asking a trusted family member or friend to help you if you are uncomfortable asking for information or voicing concerns. Remember, you are the center of your healthcare team. Participate in all decisions about your treatment.



myMedStar.org patient portal

Wondering what the results of your cholesterol test were? Need a prescription refill or an appointment with your MedStar doctor? There's a secure way to get access to your medical information any time of day or night on your computer, tablet, or smartphone. Sign up for myMedStar, our free, secure, online patient portal.

Just go to **myMedStar.org** and click **Enroll Now**.

Other resources

Financial information.



We understand that billing and payment for healthcare services can be confusing. Once your physician has scheduled your surgery, you may receive a call to verify your insurance coverage and other information obtained from your physician.

We make every effort to contact you at home, but it may be difficult to reach you during regular business hours. Therefore, we will need to verify your information during the registration process prior to surgery.

Your hospital bill

As a routine practice, the hospital attempts to collect all patient expenses prior to the delivery of services. This includes deductibles, co-pays, and co-insurance amounts. The MedStar Health Central Business Office will contact you with this request.

Processing your bill

If you have insurance coverage, the hospital will bill your insurance carrier shortly after healthcare services are provided. While we attempt to provide all information and paperwork to your insurance company, sometimes it requires a response from you to resolve issues related to your account or insurance coverage. If your health plan has not made a payment within a reasonable period of time (usually 60 days after billing) and has not responded to our attempts to resolve payment matters on your behalf, the balance may become your responsibility.

Physician professional fees

The hospital bill for orthopaedic surgery does not include fees for physician services. Because your treatment includes the services of a surgeon, anesthesia providers, and perhaps other physician specialists, you will receive a separate bill from these providers. If you have questions regarding any of your physician bills, please call the telephone number printed on the physician bill.

Payment options

For your convenience, MedStar Health accepts cash, personal checks, debit cards, and money orders, as well as Visa, MasterCard, and Discover.

Financial office contact information

If you have questions before surgery, please contact the MedStar Patient Financial Services Office at **410-933-8200**.

If you have questions after surgery, please contact the MedStar Health General Billing Office at **410-933-2424**.

Preregistration

It is important to preregister for your procedure. We will contact you by phone several weeks before your surgery to verify insurance coverage, co-payments, deductibles, and other information.

On the day of your surgery, you simply need to check in, provide a copy of your insurance card and photo ID (driver's license or passport), and complete any paperwork you are given.

Positioning after spine surgery.

Sleeping on back



- Place a pillow under legs starting just below your buttocks and not just under your knees only
- The pillow should be thick enough to prevent any space under, or arching of, your lower back

Sleeping on side



- Place a pillow between your legs so that your top hip, knee, and ankle are all the same height
- Place a pillow under your top arm for support, which also helps to prevent twisting of your upper trunk
- You can use a body pillow to support your top arm and leg

Sitting posture



- Sitting upright with good posture and support can help decrease pain after surgery
- **Things that help improve sitting posture:**
 - Increase the height of the chair, so your hips are higher than your knees
 - Place pillows under your arms to support the weight of your arms and upper body

Precautions **after surgery.**

After cervical (neck) spine surgery

- Follow your surgeon's instructions on when to wear your **neck brace**, and for how long to use it while recovering.
- Activity as tolerated while wearing your brace.
- You may find the information on pages 31-40 helpful, but it is not required.

After thoracic and/or lumbar (back) spine surgery

These **spinal precautions** decrease the chance of developing problems after surgery. Follow your spinal precautions per your surgeon's orders at least until your follow-up visit.



NO Bending

Do **not** bend excessively through your back and spinal segments. You may hip hinge by bending through your hips, knees, and ankles to go from sitting to standing or when reaching for something.



NO Twisting

Do **not** twist your trunk. Always keep your shoulders and hips facing the same direction. Remember to turn your whole body to look at someone or something when standing and to log roll when getting in and out of bed (see page 35).



NO Lifting

Do **not** lift anything more than 8-10 pounds (For reference, a gallon of milk is 8 pounds).



NO Pulling

Do **not** pull on bedrails, side tables, furniture, or other equipment.

- If ordered to wear a **brace**, follow your surgeon's instructions on when to wear and how long to use while recovering. Always wear a layer of clothing between your brace and your skin.
- **Move around.** In general, don't stay in the same position for more than an hour. If you are standing up for a while, sit down and rest. If you have been sitting for a while, stand up and walk a short distance.
- Please refer to pages 31-40 to learn how to move around safely with **spinal precautions**.

Activities of daily living (ADLs) after spine surgery.

This is a list of suggested techniques. Please follow the specific directions given by your doctor.



Lower body dressing



- While sitting, bring one leg up toward you (either by propping it on the bed or a stool, or by crossing it onto your other leg) to dress this leg. Repeat for the other leg.

If you are unable to dress using this technique, your occupational therapist may recommend certain adaptive equipment.

- Finish dressing your lower body while sitting, until needing to stand to pull up underwear and pants.
- Wear comfortable, loose-fitting pants or shorts (elastic waistbands are easiest).
- Wear sturdy, rubber-soled shoes with a back.
- It is best to have assistance for putting on compression stockings if ordered by your surgeon.



Toileting

- If your toilet is a comfortable height, consider purchasing a toilet safety rail (page 11) to provide arm support.
- If you have difficulty standing from your toilet normally, consider purchasing something to raise your toilet (page 11).
 - Raised toilet seat with or without arms.
 - A bedside commode can be placed over toilet with the bucket removed, next to the bedside, or on a floor of the home without access to a bathroom.



Showering

- Wait until cleared by your doctor to shower (typically this can be done when you go home as long as your waterproof dressing is in place over your incision).
- Do not take baths or swim in a pool until your surgeon clears you to submerge your incision.
- We recommend using a shower chair for getting in and out of a tub or shower. It also provides a safe place to sit while showering (see page 33).
- For patients who had a complex surgery or who have large incisions, sponge bathing initially is another option if you are unable to purchase or use a shower chair.

Activities of daily living (ADLs) after spine surgery. (continued)

Adaptive equipment

The following items help in lower body dressing and bathing to maintain your spinal precautions. You may want to purchase these items prior to surgery or, if appropriate, they may be issued to you by your occupational therapist. In the hospital, your occupational therapist will advise you on which items you will need during your stay. After your discharge, you may choose to purchase additional items.

Sock aid

Device that helps you put on most socks and compression stockings without having to lean or bend over



Slide your sock over the sock aid. The bottom of your sock should be touching the rounded part of the sock aid. Hold the handles and toss it to the floor. Slide your foot in and pull on the ropes until the sock comes on to your foot, and the sock aid comes out of the sock.

Long-handled shoehorn

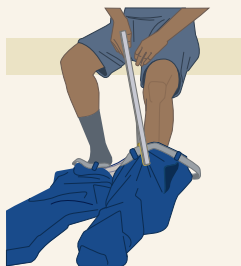
For ease of putting on your shoes until you have more range of motion



Use the reacher to hold the top or tongue of your shoe and slide your toes in first. Then, place the shoehorn in the back of the shoe and behind your heel. Slide your heel down the shoehorn and into the shoe.

Reacher

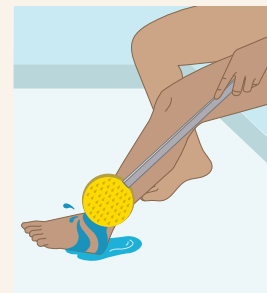
Device that helps you get dressed/undressed, pick up items from the floor, and reach items in high cabinets



Hold the front of the waistband with the reacher and lower it to your foot. Slide your leg into the pant leg and pull up the pants until you can safely reach them with your hands. Repeat these steps for your other leg.

Long-handled sponge

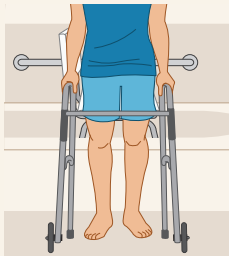
For ease of bathing yourself while sitting



Lather the sponge with soap and water. Use the sponge to reach down and wash your lower legs and feet.

Activities of daily living (ADLs) after spine surgery. (continued)

Bathtub transfer with shower chair



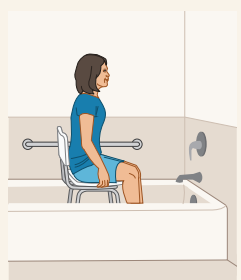
- 1 Back up to the tub so both heels touch the side. Make sure you are lined up with the shower chair.



- 2 Let go of the walker and reach for the back of the chair. Slowly sit, pushing your hips back to the seat as you go.



- 3 Bring your legs into the tub, one at a time, making sure to keep your shoulders and hips aligned.



- 4 Once both legs are in the tub, position yourself comfortably on the chair. You may need to move forward a little.

Note: To get out of the tub, start by bringing both legs out of the tub one at a time, making sure not to twist at your back. Then scoot to the edge of the seat or bench, and lean forward at your hips to stand at your walker.

Shower transfer with shower chair



- 1 Back up to the shower so both heels touch the ledge. Make sure you are lined up with the shower chair.



- 2 Step back over the ledge and into the shower with one leg at a time so that both feet are all the way in the shower.



- 3 Reach back for the seat and slowly sit, pushing your hips back on the chair as you go.



- 4 Bring your legs around to the front of the chair, making sure to keep your shoulders and hips aligned.

Note: To get out of the shower, start by bringing both legs out of the shower while making sure not to twist at your back, scoot to the edge of the chair, and push up from the chair to stand at your walker. When stepping out of the shower, be sure to step out with your weaker leg first.



Mobility after spine surgery:

Log rolling.

Getting into bed with log rolling



1

Start by sitting close to the head of the bed. Lay down on your side by bringing your elbow closest to your pillow down to the bed and lift both of your legs onto the bed (like a see-saw).



2

At this point you should be lying fully on your side.



3

Roll onto your back with your shoulders, hips, and knees moving together at the same time.

Getting out of bed with log rolling



1

Starting on your back, bring one leg up at a time to position your feet flat on the bed with your hips and knees bent.



2

Roll to your side. If rolling to your left, reach your right arm toward your left hip while you lift your right knee toward your left shoulder.

(If rolling to your right, reach your left arm toward your right hip while you lift your left knee toward your right shoulder.)



You are now on your side.



3

Bring your legs off the bed while using your arms to push you up into a seated position (like a see-saw).

Mobility after spine surgery:

Hip hinge.

Sit to stand with hip hinge



1

Place hands on armrests or seat of chair and scoot forward to the edge of the chair.



2

Hip hinge by tightening your abdominal muscles and bending forward at your waist while keeping your back straight. Push down through your feet and hands to initiate standing.



3

Reach forward and place one hand at a time onto the walker and stand up.



Stand to sit with hip hinge



1

Walk back until you feel the chair seat against the back of both of your legs.



2

Bend forward at your waist to hip hinge while reaching back for the chair with one hand at a time.



3

Slowly lower yourself to sitting on the chair while continuing to keep your back straight.

Note: These techniques also work for toilet transfers.

Mobility after spine surgery:

Curbs.

Curb step up with walker



1

Stand with the walker close to the edge of the curb.



2

Put the walker up on the curb. Step up on the curb with your stronger leg.



3

Bring your other leg up onto the curb.

Curb step down with walker



1

Stand with the walker close to the edge of the curb and place the walker on the ground. Be sure to hinge at your hips to avoid bending your back when lowering the walker.



2

Step off the curb with your weaker leg.



3

Bring your other leg down off the curb.

Mobility after spine surgery:

Stairs.

Climbing up stairs with cane and handrail



1

Start close to the bottom step.

Hold on to the rail with one hand and put your cane in the other hand.



2

Step up on the first step with your stronger leg first.

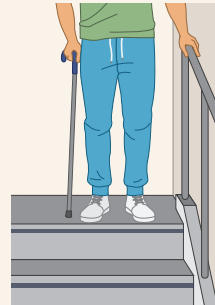


3

Bring your weaker leg and the cane up to the same step.

Continue this same sequence until you've reached the top of the stairs.

Climbing down stairs with cane and handrail



1

Start close to the top step.

Hold on to the rail with one hand and put your cane in the other hand.



2

Bring the cane and weaker leg down to the first step.



3

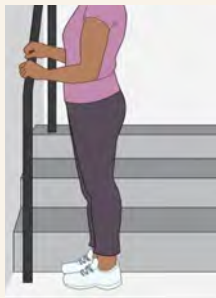
Bring your stronger leg down to the same step.

Continue this same sequence until you've reached the bottom of the stairs.

Mobility after spine surgery:

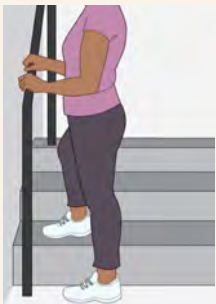
Stairs. (continued)

Climbing up stairs with two hands on handrail



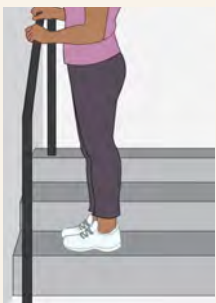
1

Turn your body to face the rail so your shoulders and hips are aligned and hold on to the rail with both hands.



2

Step up to the first step with your leg that is closer to the step.

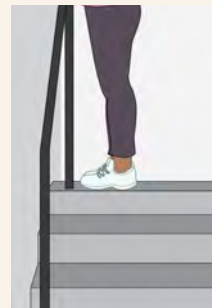


3

Bring your other leg up to the same step. Be sure to leave room on the step for both feet.

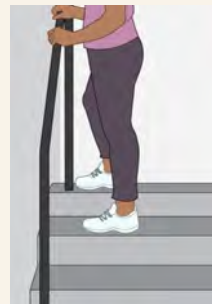
Continue with this sequence until you have reached the top of the stairs.

Climbing down stairs with two hands on handrail



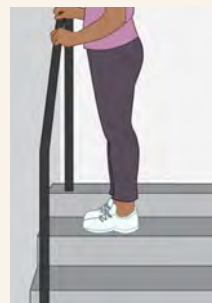
1

Turn your body to face the rail so your shoulders and hips are aligned and hold on to the rail with both hands.



2

Step down with your leg that is closer to the edge of the step.



3

Slowly step down to the same step with your other leg, being sure to leave room for both feet on the step.

Continue with this sequence until you have reached the bottom of the stairs.

Mobility after spine surgery:

Car transfer.

Car transfer technique



1

Have your family member move the front passenger side seat back as far as it will go prior to getting into the car.

Back up to the seat.



2

Reach back for the seat and dashboard and slowly lower yourself to sitting by hinging at your hips.



3

Bring your legs into the car, one leg at a time while keeping your shoulders and hips in line with each other.

To get out of the car, reverse the steps, being careful not to twist at your back.

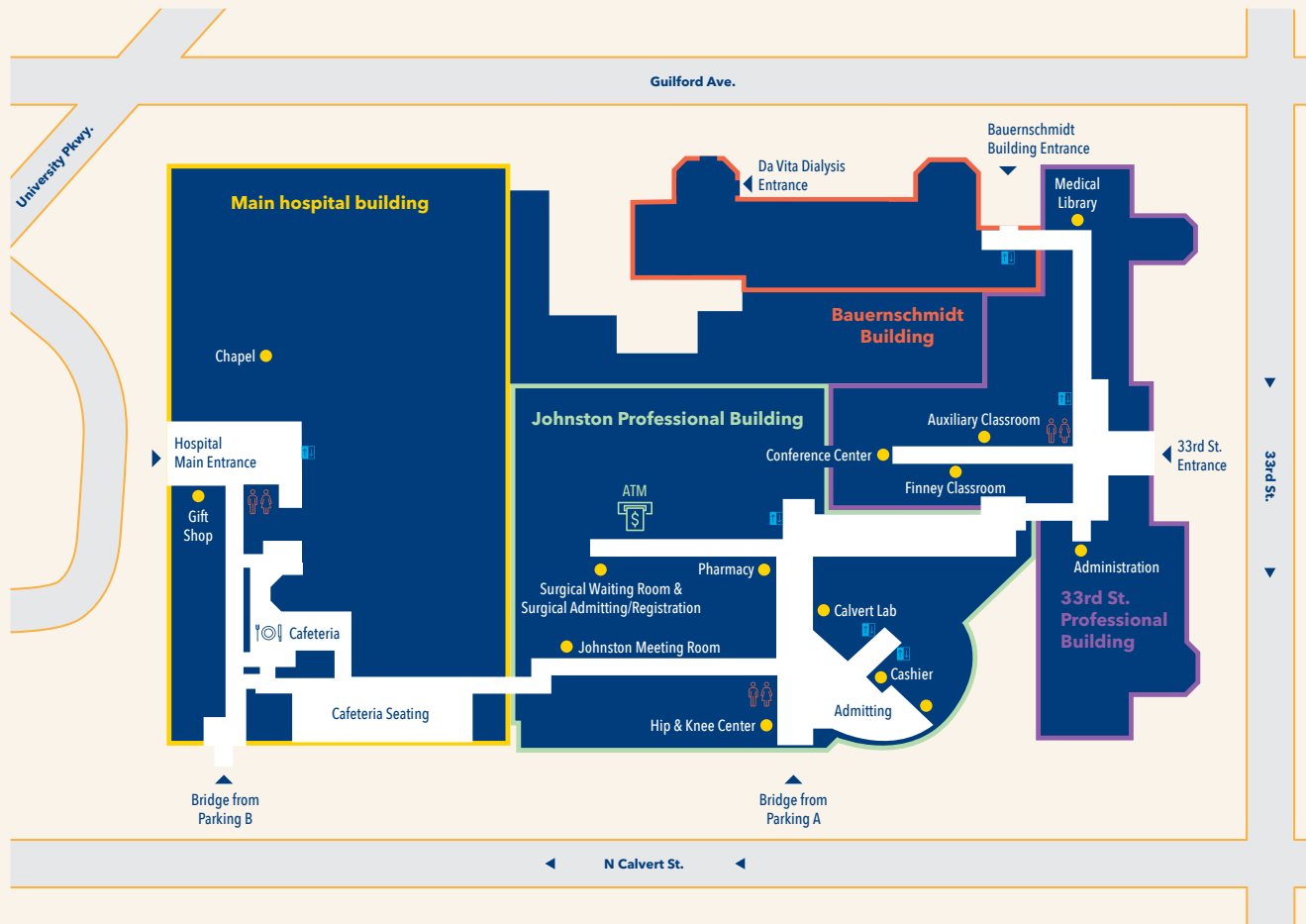
CAR TRANSFER TIPS

- You may find it easier to have the driver pull up to the curb when entering and exiting the car.
- Have assistance from the driver to open and close doors.
- Do **not** pull on handle above window when getting in/out of the car.
- Sit on a towel for leather seats or a plastic bag for cloth seats to make it easier to scoot in and out.
- Keep car riding to a minimum and begin with short trips.
- Get out of the car and stretch at least every hour if traveling long distances.

MedStar Union Memorial Hospital

First Floor

201 E. University Pkwy.
 Baltimore, MD 21218
410-554-2000



Dining and accommodations.



Food and dining

1. **Subway**
3233 St. Paul St. • **410-243-9550**
Sandwiches, salads, wraps, take-out or eat-in
2. **University Market**
3201-G St. Paul St. • **410-366-6630**
24-hour convenience store and sandwich counter
3. **Starbucks**
3201-C St. Paul St. • **410-235-4653**
Coffee, tea, related beverages, and light fare
4. **Potbelly**
3201-B St. Paul St. • **443-451-1106**
Sandwiches and salads
5. **Chipotle**
3201-A St. Paul St. • **410-662-1701**
Burritos, quesadillas, salads, and chips
6. **AjumMa**
3121 St. Paul St. • **410-235-4429**
Casual Korean food
7. **Streets Market**
3117 St. Paul St. • **443-453-9533**
Small grocery store with organic options
8. **TKK Fried Chicken**
3113 St. Paul St. • **443-449-7297**
Taiwanese fried chicken
9. **Orient Express**
3111 St. Paul St. • **410-889-0003**
Eat-in and delivery Chinese food
10. **Charles Village Pub**
3107 St. Paul St. • **410-243-1611**
Full bar and pub food
11. **Sakoon Indian Fusion**
3105-B St. Paul St. • **410-235-1004**
Indian Fusion food
12. **NuVegan**
3105 St. Paul St. • **443-721-6022**
Vegan cafe

- 13. Boz's Burger Bistro**
3101 St. Paul St. • **410-889-1718**
Creative burgers and milkshakes
- 14. Carma's Cafe**
3120 St. Paul St. • **410-243-5200**
Neighborhood coffee shop for breakfast or lunch
- 15. Gertrude's**
10 Art Museum Dr. • **410-889-3399**
Chesapeake-inspired menu at
Baltimore Museum of Art
- 16. Döner Brös**
3204 St. Paul St. • **844-366-7277**
Kebab shop
- 17. THB Bagels and Deli**
3208 St. Paul St. • **410-624-7152**
Gourmet bagel sandwiches, spreads, and salads
- 18. Honeygrow**
3212 St. Paul St. • **410-243-0107**
Counter service for locally sourced salads,
stir-fries, and fruit-honey desserts
- 19. Busboys and Poets**
3224 St. Paul St. • **410-497-7114**
Restaurant, bar, coffee shop, and bookstore
- 20. Bird in Hand**
11 E. 33rd St. • **410-814-0373**
Coffee shop and bookstore
- 21. Insomnia Cookies**
3301 N. Charles St. • **877-632-6654**
Hot cookies available until 3 a.m.
- 22. Tamber's**
3327 St. Paul St. • **410-243-0383**
Comfort food as well as Indian cuisine
- 23. Ambassador**
3811 Canterbury Rd. • **410-366-1484**
One of Baltimore's favorite Indian restaurants
- 24. Cypriana**
105 W. 39th St. • **443-449-5555**
Mediterranean cuisine, dinner only

Accommodations

These local hotels **may** offer reduced rates for family and friends of our patients.

Doubletree Inn at the Colonnade

4 W. University Pkwy. • Reservations: **410-235-5400**
hilton.com

Plaza Lord Baltimore Hotel

20 W. Baltimore St. • Reservations: **410-539-8400**
lordbaltimorehotel.com

Parking passes

Discount parking passes may be purchased in the gift shop, but **ONLY** after the patient has been admitted to the hospital.





Thank you for choosing MedStar Health for your recent spine surgery.

We invite you to make a gift in support of the spine surgery program at MedStar Health. With your generous support, we can advance the treatment of spine disorders by enhancing patient care and patient education, providing continuing medical education for physicians and nurses, and conducting clinical research that has the potential to impact the lives of countless people.

To learn how you can support the spine program, call the Office of Philanthropy at **410-554-2662** or email **mumhgift@medstar.net**.

Thank you for your support.

English

ATTENTION: Language assistance services, free of charge, are available to you. Call 410-984-9033.

Amharic

ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ በነጻ ሊያገዝዎት ተዘጋጅተዋል። ወደ ሚከተለው ቁጥር ይደውሉ 410-984-9033.

Arabic

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 410-984-9033.

Bengali

লক্ষ্য করুনঃ যদি আপনি বাংলা, কথা বলতে পারেন, তাহলে নিঃখরচায় ভাষা সহায়তা পরিষেবা উপলব্ধ আছে। ফোন করুন 410-984-9033।

Chinese

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 410-984-9033。

French

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 410-984-9033.

French Creole (Haitian Creole)

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 410-984-9033.

German

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 410-984-9033.

Gujarati

સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 410-984-9033.

Hindi

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 410-984-9033 पर कॉल करें।

Ibo

Ige nti: O buru na asu Ibo asusu, enyemaka diri gi site na call 410-984-9033.

Italian

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 410-984-9033.

Japanese

注意事項:日本語を話される場合、無料の言語支援をご利用いただけます。410-984-9033まで、お電話にてご連絡ください。

Korean

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 410-984-9033 번으로 전화해 주십시오.

Kru (Bassa)

Dè dè nià ke dyédé gbo: ɔ jũ ké m̩ [Bàsó ò-wùdù-po-nyò] jũ ní, níí, à wudu kà kò dò po-poò b̩éin m̩ gbo kpáa. Dá 410-984-9033

Persian (Farsi)

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 410-984-9033 تماس بگیرید.

Portuguese

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 410-984-9033.

Russian

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 410-984-9033.

Spanish

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 410-984-9033.

Tagalog

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 410-984-9033.

Thai

เขียน: ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร 410-984-9033.

Urdu

خبردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں - کال کریں ۳۳۰۹-۴۸۹-۰۱۴.

Vietnamese

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 410-984-9033.

Yoruba

AKIYESI: Ti o ba nso ede Yoruba ofe ni iranlowo lori ede wa fun yin o. E pe ero ibanisoro yi 410-984-9033.

