



Adolescent Idiopathic Scoliosis Roadmap

PREOPERATIVE VISIT	2 WEEKS BEFORE SURGERY	5 DAYS BEFORE SURGERY	3 DAYS BEFORE SURGERY	1 DAY BEFORE SURGERY
<p>You will:</p> <ul style="list-style-type: none"> • Have blood tests • Have X-rays taken • Meet with Anesthesia and the Center for Preoperative Assessment and Planning (CPAP) • Learn how to get ready for surgery • Learn what to expect while in the hospital • Be given written instructions to take home • Meet with your care team who will explain the operation to you 	<p>You will:</p> <ul style="list-style-type: none"> • Stop taking NSAID medications: <ul style="list-style-type: none"> - ibuprofen - aspirin - naproxen - ketorolac 	<p>You will:</p> <ul style="list-style-type: none"> • Use mupirocin ointment if prescribed • Take bowel medications if indicated by surgery team 	<p>You will:</p> <ul style="list-style-type: none"> • Wash your body from chin to toe with the antibacterial Hibiclens soap, making sure to clean your back well. You will continue to bathe with this soap until your surgery. 	<p>You will:</p> <ul style="list-style-type: none"> • Receive a phone call from your care team about when to arrive for surgery and when to stop eating and drinking • Stop eating and drinking as instructed (midnight if not instructed) • Take a shower with antibacterial Hibiclens soap and wear freshly washed clothes to sleep • Wash sheets on bed so they are clean for your arrival home at discharge
DAY OF SURGERY	1 DAY AFTER SURGERY	2 DAYS AFTER SURGERY	3 DAYS AFTER SURGERY	
<p>You will:</p> <ul style="list-style-type: none"> • Take a shower with antibacterial Hibiclens soap • Take medications as directed by CPAP with a small sip of water. • Have nothing to eat or drink after midnight or as instructed <p>At the hospital, your care team will:</p> <ul style="list-style-type: none"> • Help you get ready for surgery (change into a hospital gown, clean back with antibacterial soap, start IV and antibiotics, etc.) <p>After surgery, you will:</p> <ul style="list-style-type: none"> • Be transferred to recovery room and then an inpatient room on the 10th floor • Tell your nurse if you have pain greater than 4/10 on the pain scale • Eat ice chips and take sips of clears 	<p>You will:</p> <ul style="list-style-type: none"> • Use your Incentive Spirometer every hour while awake and during respiratory treatments • Do arm and leg exercises with physical therapy, sit on the side of the bed with physical therapy in the morning, and sit in a chair in the afternoon with physical therapy • Maintain spine precautions • Take oral pain medications after pain PCA is removed; tell my nurse if my pain is greater than 4/10 • Drink more clear liquids advancing to regular as my stomach tolerates • Take prescribed bowel medications 	<p>You will:</p> <ul style="list-style-type: none"> • Use your Incentive Spirometer every hour while awake and respiratory treatments • Have the urine tube in your bladder removed • Get up and walk to the bathroom or use a urinal • Eat a regular diet and drink plenty of liquids • Sit up in a chair for all meals • Participate in exercises with physical therapy • Walk to the door of room in the morning with physical therapy • Walk to the hallway in the afternoon with physical therapy • Tell your nurse if your pain is greater than 4/10 • Tell nurse or doctor if you start to pass flatus • Plan to go home tomorrow 	<p>You will:</p> <ul style="list-style-type: none"> • Continue the same as yesterday (get up and walk, do breathing exercises, eat and drink, etc.) • Tell nurse if your pain reaches 4/10 on the pain scale • Have drains removed (if present) • Have standing x-rays taken • Have a suppository if you have not had a bowel movement • Review written discharge instructions with your nurse • Pick up discharge prescriptions (pain medication and stool softeners) in pharmacy at St. Louis Children's Hospital • Leave hospital with filled prescriptions and follow up appointment time • Go home when team feels you're ready; usually after lunch. 	

PHONE NUMBERS

HEALTH CARE PROVIDER	PHONE NUMBER	OPEN HOURS
Washington University Orthopedics	(314) 514-3500	Monday–Friday, 8am–4:30pm
After-Hours Exchange	(866) 582-8055	Monday–Sunday, after 5pm



Orthopedics