

Pre-Procedure: Spinal Fusion

If you're feeling anxious about your upcoming spine surgery, that's understandable. After all, you don't have surgery every day.

To help ease your mind, focus on this: surgery will relieve pain and other symptoms related to your condition, so you can get back to enjoying life. Now, that's worth a fist pump.

Knowing what to expect with a surgery can also help you feel less anxious and better prepared. Here are the facts behind some common concerns about spinal fusion.

How will I feel after surgery? You'll likely have some pain after surgery. How much is hard to predict. Everyone is different.

The good news, any discomfort will get better over time and your care team is well equipped to help you manage it. Pain control options have come a long way over the years. Talk with your healthcare provider beforehand about the best ways to ease your pain.

How long will recovery take? No doubt about it, your body will need time to heal. How long depends on many things including your overall health and fitness level before surgery.

Over the next several months, you'll likely have to limit some activities and you'll need to keep your spine in good alignment as you go about your day. Your care team will show you how. To help speed things up, stick with your recovery plan including the physical therapy.

What about the risks of surgery? All surgeries have some risks like the chance for an infection, a blood clot or problems with anesthesia. Added risks with spinal fusion include nerve damage and problems using the bathroom.

These can certainly way on your mind, but remember, your care team has done lots of these surgeries and knows exactly how to keep you safe and healthy. You can do your part too by following all pre and post surgery instructions and if you have any questions, ask away.

The bottom line? Spinal fusion has helped many people live better, more active lives with less pain. This is your opportunity to join them.

Still have questions or concerns? Your care team is here to help. Get in touch to learn more about what you can do to make your surgery a success.