

Patient Guide to Spine Surgery



Tristan Blase Fried MD



EXCELHEALTH



Table of Contents

- 1. Message from Dr. Fried – Page 4
- 2. Surgical Locations – Page 5
- 3. Preoperative Surgical Instructions – Page 6
- 4. Medications to Avoid – Page 7



Contact Information

Clinic Locations:

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160 Paia Pohaku Pl, Unit B Lahaina, Maui, Hawaii, 96761

64-5188 Kinohou Street, Waimea, HI 96743

Scheduling:

808-909-9115

Website:

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Message from Dr. Tristan Blase Fried

At Excel Health, our mission is to provide compassionate, personalized care for every patient we serve. My goal is to partner with you throughout your surgical journey, helping you achieve the best possible outcomes while ensuring you feel supported every step of the way.

Your **active participation is key** to your recovery. I encourage you to:

- Read through this **booklet** carefully.
- Visit my **website** for additional educational resources.
- Take an active role by staying informed and setting **realistic expectations**.

The success of your recovery depends on the **effort you invest**. In the first few weeks, **pace yourself and prioritize rest**.

We are always here for you. Please contact us with any questions or concerns.

Sincerely,

A handwritten signature in black ink that reads "Tristan Blase Fried, MD". The signature is written in a cursive style with a small flourish at the end.

Dr. Tristan Blase Fried, MD
Orthopaedic Spine Surgeon



Surgical Locations

Your surgery will be performed at one of the following facilities.

Please confirm the location with our team prior to your scheduled surgery date.

- Honolulu Sports & Spine - Excel Health
 - 500 Ala Moana Blvd Building 1, Suite 301, Honolulu, HI 96813
 - Phone: 808-237-2970
- Adventist Health Castle
 - 640 Ulukahiki St, Kailua, HI 96734
 - Phone: 808-263-5500



Preoperative Surgical Instructions

7–10 Days Before Surgery:

- Stop taking any medications on the 'Medications to Avoid' list.
- Consult with your prescribing physician before stopping any medication.

When to Call Your Surgeon:

- If you develop flu-like symptoms or your health status changes.
- If you have a fever greater than 101.5°F (38.6°C).

Day Before Surgery:

- Expect a confirmation call by 4:00 PM. If you do not receive a call, contact our office.
- Leave valuables at home.

Smoking & Tobacco Use:

- Nicotine prevents bone healing and increases infection risk after surgery.



Medications to Avoid

Discontinue these medications 7–10 days before surgery as they may increase bleeding risk or interfere with anesthesia.

Medications to Avoid	Medications to Avoid	Medications to Avoid
Advil	Aleve	Alka-Seltzer
Anacin	Anaprox	Ansaid
Artrotec	Aspirin	APC
BC Tablets	BC Cold Powder	Burfen
Bufferin	Cama Arthritis Pain Reliever	Cataflam
Celebrex	Cephalgesics	Clinoril
Cogesprin	Coricidin	Coumadin
Darvon	Darvon with Aspirin	Daypro
Diclofenac	Diflunisal	Disalcid
Doan's Regular & Extra Strength	Dolobid	Dristan
Duradyne	Easprin	Ecotrin
Empirin	Enbrel	Equagesic
Etodolac	Excedrin	Feldene
4-Way Cold Tablets	Goody's Headache Powder	Fiorinal
Flurbiprofen	Ibuprofen	Indocin
Ketoprofen	Lodine	Meclomen
Meipren	Meloxicam	Midol
Mobic	Motrin	Nabumetone
Naprelan	Naproxen	Norgestic Forte
Orudis	Oruvail	Oxaprozin
Pepto-Bismol	Percodan	Persantine
Piroxicam	Plavix	Relafen
Robaxisal	Rufen	Sine-Aid
Soma Compound	Sulindac	Trandate
Trental	Trilisate	Vanquish
Vitamin E	Voltaren	Wesprin
Zacrin	Zoprin	Herbal Supplements



Surgery Checklist

Use this checklist to help prepare for your surgery and recovery.

- **Night Before Surgery:**
 - **Shower** with antibacterial soap.
 - Change **bed linens** so they are clean when you return home.
 - Eat a **normal dinner**.
 - Do **NOT** drink alcohol.
 - Do **NOT** eat or drink anything after midnight unless otherwise instructed by your doctor.
- **Packing for the Hospital:**
 - Comfortable, loose-fitting clothes, socks, and easy-to-wear shoes.
 - Dentures and their case.
 - CPAP machine if you use one.
 - Glasses and/or hearing aids.
 - A list of your medications including dosage and frequency.
 - Insurance card and ID.
 - Cell phone and charger.
- **Morning of Surgery:**
 - - Take only medications approved by your doctor.
 - - Do **NOT** chew gum or suck on hard candy.
 - - Do **NOT** bring cash, jewelry, valuables, or medications.



Day of Surgery Instructions

- Your doctor will advise which medications you should take the day of surgery.
- Friends and family may wait in the designated waiting area.
- Dr. Fried will speak with your family after the surgery is complete.
- Postoperative instructions will be reviewed before you are discharged.



Pain Management

Managing pain after surgery is a key part of recovery. This section explains **what to expect** and how pain will be controlled safely.

- Postoperative Pain:
 - Goal is to **reduce pain** so you can move, work with physical therapy, and regain independence.
 - Post-op pain differs from pre-op pain due to incision, swelling, and muscle tension.
 - Gentle walking, range-of-motion exercises, and heat or cold packs can help reduce muscular pain and swelling.
- Narcotic Medications:
 - Used in a carefully monitored, **minimal protocol**.
 - **Multimodal analgesia** uses several types of medications together for better results.
- Narcotic Side Effects:
 - Constipation: Take **Miralax daily**, drink water, eat a high-fiber diet.
 - Shallow breathing: Use an incentive spirometer to prevent pneumonia.
 - Nausea: Take medications with food and avoid spicy or heavy meals.
 - Itching: Medications like Benadryl can relieve itching.



- Sleepiness: If you are overly drowsy, medication may need to be adjusted.
- Medications are unique to each patient and are prescribed on an **individual basis**
 - Muscle relaxants: Flexeril, Zanaflex, Valium.
 - Nerve pain medications: Lyrica or Neurontin.
 - Acetaminophen (Tylenol): Do not exceed **3000 mg per day**.
- Other Comfort Measures:
 - Repositioning and **early walking** to prevent muscle spasms.
 - **Ice** for swelling: 20 minutes on, 20 minutes off.
 - Relaxation: Deep **breathing**, meditation.
 - Sore throat: Drink water and use throat **lozenges**.
 - **Distraction**: Listen to music, watch TV, or read.



What to Expect After Surgery

- Early Walking:
 - Walking helps **prevent blood clots** and pneumonia.
 - Walking also improves **circulation** and reduces stiffness.
- Bowel Function:
 - Constipation is common after surgery, especially with narcotics.
 - Drink plenty of fluids, take **Miralax daily**, and eat a high-fiber diet.
- General Rules:
 - **Walking encouraged**, climb stairs as needed.
 - **10 lb weight limit** until cleared at follow-up.
 - Sleep in whatever position is **most comfortable**.
 - Do **NOT** drive while taking pain medication or muscle relaxants.
 - No driving or sexual activity for **2 weeks**.
 - **Physical therapy** will be arranged at follow-up.
 - Swallowing difficulty after neck surgery is **normal**.
 - Braces are **typically not needed** after surgery.
 - Smoking is **strongly discouraged** as it delays healing.



Incision Care

Follow these guidelines carefully to prevent infection and ensure proper healing.

- Keep sterile dressing on for the **first 3 days**. Do not get it wet.
- **Sponge baths only** for the first 3 days.
- After 3 days, remove dressing and shower. Cover with a new **bandage daily** if still draining.
- Once incision is dry, **no dressing** needed.
- Do **NOT apply ointments**, creams, or lotions.
- No submerging underwater (ocean, pool, bath, hot tub) for **6 weeks**.
- **NO EXCEPTIONS** to submersion rule.
- **No sauna** or steam room for 6 weeks.



Frequently Asked Questions (FAQ)

Will I set off metal detectors?

Most patients do not, but sometimes security may need to scan the area or see the surgical scar.

When can I return to work?

This depends on your job. Many patients need time off to heal. Discuss with your surgeon.

When will I start physical therapy?

Walking is the best activity early on. PT usually begins around 6 weeks post-op.

How long before I can travel?

Avoid sitting more than 2 hours without standing and moving around.

When should I call my doctor?

Call immediately for fever over 101.5°F, redness or drainage from incision, sudden weakness, or severe pain.



Thank you for trusting Excel Health with your care.
We are honored to be part of your journey to
recovery.



Tristan Blase Fried MD

