

HOSPITAL  
FOR  
**SPECIAL  
SURGERY**



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# Your Pathway to Recovery

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*Spine Surgery*

*Preoperative Education  
Program for Spine Patients*



**T**he Spine Preoperative Education Program is designed to prepare you and your family for surgery, recovery, rehabilitation and to initiate comprehensive discharge planning.

You will have the opportunity to learn from and interact with a variety of skilled, enthusiastic health care professionals who are committed to supporting the surgical excellence at HSS.

All patients scheduled for Spine surgery are EXPECTED to attend this one and a half hour session.

Thank you in advance for helping our program work for you. Our staff looks forward to caring for you throughout your pathway towards recovery.

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*If you have any questions regarding your ability to attend, fee associated with this program, and/or other concerns regarding this program, please do not hesitate to contact:*

*Jack Davis, MSN, RN, ONC  
Manager, Patient Education Programs  
212.606.1174*

## Program Highlights

### Presenters

Registered Nurse  
Physical Therapist  
Certified Social Worker

### Location

Patient Education Classroom  
Main Building, 8th Floor, Room 848  
Hospital for Special Surgery  
535 East 70th Street  
New York, NY 10021

### Scheduling

- Done by your surgeon's office staff.
- Will be scheduled on the same day as other testing or examinations whenever possible.
- Classes are held several times each week.
- Sessions are one and a half hour long.

## Topics to be Discussed

- Preparation for Surgery
- Day of Surgery
- Your Initial Recovery after Surgery
- Pain Management
- Recovery and Rehabilitation
- Preparation for Discharge from HSS
- Managing Your New Life

### Publication

Receive a copy of our illustrated educational manual *Your Pathway to Recovery: Spine Surgery*

