



## Pre-operative spine class

Feel prepared for your procedure with our nurse-led pre-operative class designed to eliminate anxiety, answer questions related to your surgery, and prepare you for a safe, well-coordinated discharge. Each day of your recovery focuses on quality care and physical therapy so you can return home safely after surgery. Your physician highly encourages you to attend our spine class so that you are well prepared.

### Topics include:

- Preparing for your surgery**
- Safety**
- Pain management**
- Needs after surgery**
- Discharge planning**
- The importance of physical therapy**



**Baylor Scott & White**

**SURGICAL HOSPITAL**

FORT WORTH

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1812 Park Place Avenue | Fort Worth, TX 76110  
682.703.5600



To register for class, please visit **BSHFW.com** or contact the nurse navigator at **682.703.5759**.

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## FAQ

### **Who should attend?**

- Patients having a spine surgery

### **May I bring someone with me to the class?**

- One caregiver over the age of 18, preferably someone who will be assisting you after your surgery

### **When should I schedule to attend class?**

- As soon as your surgery date is scheduled

### **Where do I need to go for Total Spine Education Class?**

- 1812 Park Place Avenue (the building in front of the main hospital), Fort Worth, TX 7611

### **Why do I need to attend Total Spine Education Class?**

- Highly recommended by your physician
- Directly related to a quicker recovery time
- Review your day of surgery expectations

