



DR. LUKE
MACYSZYN
NEUROSURGERY

Surgical Guide





We would personally like to thank you for entrusting us with your care and surgical experience. We are here to guide you through every step of the way. Please do not hesitate to contact us with any questions or concerns.

CONTACT INFORMATION

***After hour urgent matters, please call (310)574-0400**

***Emergencies, call 911 or go to your closest emergency room**

Surgery Scheduling Questions including pre-operative clearance, disability forms, please contact:

Jayanne Dela Rosa

Robyn Tiomico

Office: (424) 835-3100

Email: admin@laspinedoc.com

Medical Related Questions including prescriptions, please contact:

Alexis Bolton, NP

Direct: (310) 835-3100 opt. 4

Email: alexis@laspinedoc.com

Appointment & General Questions including prescriptions, please contact:

Teresa Francisco

Jayanne Dela Rosa

Office: (424) 835-3100

Email: admin@laspinedoc.com

Financial (non-billing) questions (if applicable) discuss cost information, please contact:

Surgeon:

Direct:

Facility Contact Information:

- DISC Surgery Center Marina del Rey
4553 Glencoe Avenue #100
Marina del Rey, CA 90292
Ph: 310-912-6170
- DISC Surgery Center Newport Beach
3501 Jamboree Road, Suite 1200
Newport Beach, CA 90266
Ph: 949-988-7888
- Cedars Sinai Marina del Rey Hospital
4650 Lincoln Boulevard
Marina del Rey, CA 90292
Main Ph: 310-823-8911
- Specialty Surgery Center of Encino
16501 Ventura Blvd, Suite 103
Encino, CA 91436
Ph: 818-501-1080



PLANNING: PRIOR TO SURGERY

MEDICAL CLEARANCE

The Surgery Scheduler will work with you to assist in coordinating the pre-operative medical clearance. Clearance exams must be completed within 14-30 days of surgery (depending on surgical facility).

- Pre-operative clearance (H&P) by a primary care physician within 30 days of surgery
- Lab Results within 14-30 days of surgery (depending on facility)
- EKG within 6 months of surgery
- Chest Xray within 6-12 months of surgery (depending on facility)
- *Cardiology, Pulmonary or other specialist clearance within 30days of surgery - Is required if any risk factors or required by your primary care physician or surgeon.
- Covid Antigen test within 24hours of surgery (DISC Surgery Center Newport Beach Only)
 - DISC Surgery Center Newport Beach

- Patients are required to have a Covid antigen test within 24hours of the surgery date.
- Guests are required to have an antigen test as well
- At home tests are accepted – MUST provide proof upon arrival

NOTE:

If you have a history of heart problems or any other health issues, we may require additional cardiac or other special clearance

***If you are taking Plavix, Coumadin, Aspirin, or anti-inflammatory medications, please make sure you coordinate with your prescribing doctor as to when to stop and restart these medications.**

***If you are diabetic, please consult with your primary doctor prior to stopping any medications**

For Anterior Lumbar Interbody Fusion (ALIF) procedures ONLY, a consultation with vascular surgeon may be required prior to surgery. Please contact the vascular surgeon's office to schedule your appointment. This information will be provided to you.

TRANSPORTATION

For your safety, you will not be allowed to drive a motor vehicle after surgery.

You will need to arrange for a responsible adult to safely drive you home and stay with you for 24hours after surgery.

Taking an Uber or taxi home **WILL NOT** be permitted for your safety.

WHEN TO NOTIFY THE PHYSICIAN'S OFFICE / SURGERY CENTER PRIOR TO SURGERY

Please notify our office as soon as you experience any of the following:

- Elevated temperature (fever), cough, cold, vomiting or diarrhea
- You suspect you may be pregnant

MEDICATIONS – Please carefully review

The Surgery Scheduler will work with you to assist in coordinating the pre-operative medical clearance.

In preparation for surgery, there are several types of medications that need to be stopped for patient safety purposes. Unless you have been specifically instructed otherwise by the surgeon or your personal physician, please stop all the following medications. If another physician's office has given you instructions regarding medications, please share that information with our office.

STOP all the following 14 days before surgery

- Aspirin or Aspirin containing products like Excedrin, Ecotrin, Xarelto, Ibuprofen, Advil, Naproxen, Motrin & all NSAID
- Plavix (Clopidogrel)
- ***Note:** Plavix should be discontinued for 14 days BEFORE and 14 days AFTER surgery. Please confirm with your cardiologist that this is an acceptable amount of time to discontinue the medication.
- All herbal supplements (i.e. Ginkgo biloba, ginger, ginseng, glucosamine, kava-kava root, St John's
- Wort, Ma Huang, MSM, Vitamin E, Sam-E, garlic tablets, turmeric)
- Multivitamins or supplement packs with numerous ingredients

- **MUST HOLD THE FOLLOWING MEDICATIONS FOR 7 DAYS PRIOR TO SURGERY – PLEASE DISCUSS W/YOUR PRIMARY PROVIDER**
 - **HOLD the following medications for 7 days prior to surgery.**
 - If you are taking these medications for diabetes management or to help prevent or control hyperglycemia (high blood surgery) then consider consulting with an endocrinologist for guidance.
 - **Ozempic, Wegovy, Victoza, Mounjaro, Rybetsus**

STOP at least 7 days before surgery

- NSAIDs (Ibuprofen, Advil, Naproxen, Motrin, Aleve, Mobic, Meloxicam, Diclofenac, Celebrex, Relafen, or other anti-inflammatories)
- The following blood thinners should be discontinued 5 days BEFORE and 10 days AFTER surgery unless otherwise specified by your Cardiologist or Primary Physician.
 - Warfarin (Coumadin) o Pradaxa (Dabigatran) o Xarelto (Rivaroxaban) o Eliquis (Apixaban) o Savaysa (Edoxaban)

Diabetes Medications – HOLD your oral diabetes medications on the morning of surgery.

- If you take insulin, you will likely need to reduce your insulin dose before surgery.
- Please discuss this during your pre-operative clearance with your doctor and follow their instructions.

MEDICATIONS TO CONTINUE

- Your normal daily medications should be continued until the day before surgery unless they are listed above.
- These may include blood pressure, thyroid, cholesterol, asthma, or other medications.
- Take your normal morning medications on the day of surgery with a small sip of water.
- If you use an inhaler, bring it with you the morning of surgery.
- **You may take Tylenol for pain until the day before surgery. ***

ITEMS TO PURCHASE - (from your local pharmacy)

- Hibiclense (Topical antiseptic soap) –
 - Apply to skin only.
 - Use two nights before surgery and the morning of surgery
- Stool Softeners - Narcotic medications and anesthesia cause constipation and we recommend taking a these over-the-counter (OTC) medications while taking pain medications.
 - Colace 100mg- You may take up to 500mg over 24 hours
 - Magnesium citrate, Dulcolax, Miralax are great options as well

POST-OPERATIVE MEDICATIONS

You may receive prescription(s) for the following medications **BEFORE** surgery. Do not combine medication with benzodiazepines as it can cause adverse reactions such as respiratory depression.

PLEASE NOTE: Dr. Macyszyn **DOES NOT REFILL** these prescriptions and will recommend you follow up with your pain management provider or primary care provider for post-operative pain management control.

- Narcotic pain medication- typically Oxycodone. Take 1-2 tablets every 4-6 hours as needed for pain.
- Cyclobenzaprine - muscle relaxant to be taken as needed for muscle spasms or muscle tightness. Take 1 tablet every 8 hours as needed.
- Medrol dose pak (Methylprednisolone)- steroid pack you take over 6 days that acts as an anti-inflammatory.
 - You only need to take this if you experience an increase in pain or radiating pain after surgery.
 - Not typically prescribed with medications listed above.
 - Post-operative prescriptions are electronically sent before surgery.

- If you are out of town, we can send prescriptions to the pharmacy of your choice or to a pharmacy close to the surgical facility.
 - DISC Surgery Center Newport Beach
 - Newport Center Pharmacy
 - Cedars Sinai Marina del Rey Pharmacy
 - Marina del Rey Pharmacy

NIGHT BEFORE SURGERY

- **SHOWER:** Shower with Hibiclense which can be purchased at any pharmacy. You should lather up the Hibiclense soap and let it sit on the skin for about 2-3 minutes before washing it off. Then put on clean clothes and sleep in clean sheets the night before your procedure. You do not need to use the Hibiclense AFTER surgery.
- **FOOD & DRINK: DO NOT** eat or drink (water or any liquids) **8-12 hours before surgery.**
- **MEDICATIONS:** Continue taking your approved prescription medication with small sips of water.
- **ALCOHOL/SMOKING:** Refrain from drinking alcoholic beverages or smoking 24 hours before your surgery.
- **HAIR REMOVAL:** DO NOT shave or remove hair from the surgical site yourself; we will do that with special surgical clippers as needed.
- **JEWELRY/PIERCING:** Remove all jewelry, including body jewelry (piercings).

MORNING OF SURGERY

- **SHOWER:** Shower with the Hibiclense. Let sit on skin for 2 minutes then rinse.
- **CLOTHING:** Wear clean, loose, and comfortable clothing that can easily be changed into. Button down shirts are recommended.
- **DO NOT** use lotions or perfumes.
- **DO NOT** wear contact lenses. If you wear glasses, please bring them with you.
- **DO NOT** wear or removal all makeup.
- **REMOVE** all jewelry (including body jewelry) before surgery.
- **REMOVE** all nail polish on fingers, including gel and acrylic nails prior to surgery. We will need to place a pulse oximeter on your fingernail to ensure adequate oxygen profusion during surgery.
- **LEAVE AT HOME** your valuables, including jewelry and watches.
- **BRING** your cellphone, laptop, or any electronics.
- **BRING** any charging cables for your phone or electronics.
- **TAKE IN THE MORNING** - The morning of your procedure take heart, blood pressure and seizure medication as indicated (Take medications with only a SMALL SIP of water).
- **BRING INHALER & CPAP** machine (if applicable) - please bring it on the day of surgery. Many times, the anesthesiologist will have you use it before surgery.
- **BRUSH TEETH** It is okay to brush teeth, but DO NOT swallow any water.
- **DENTURES** will be removed prior to surgery and returned to you after surgery.

DAY OF SURGERY: WHAT TO EXPECT

Surgical Facility Address

- DISC Surgery Center Marina del Rey
4553 Glencoe Ave #100
Marina del Rey, CA 90292
Ph: 310-912-6170

- DISC Surgery Center Newport Beach
3501 Jamboree Road, Suite 1200
Newport Beach, CA 90266
Ph: 949-988-7888
- Cedars Sinai Marina del Rey Hospital
4650 Lincoln Boulevard
Marina del Rey, CA 90292
Main Ph: 310-823-8911
- Specialty Surgery Center of Encino
16501 Ventura Blvd, Suite 103
Encino, CA 91436
Ph: 818-501-1080

Parking

Parking is centrally located and owned and operated by the building. DISC Sports & Spine at Marina del Rey or Newport Beach DOES NOT validate, and standard parking rates apply. There is a 10-15minute grace period for pick-ups/drop-offs, depending on location.

Arrival/Check-In

Arrival is typically 2 hours prior to the scheduled surgery time (depending on the facility)
Check-in at the front desk to register and verify information.

PRE-OP:

- You will be escorted in to change and secure belongings.
- Then escorted to a pre-operative area in further preparation for surgery and patient education.
- Surgical staff will meet with you to discuss surgery and answer any questions.

AFTER SURGERY

- Guest will stay in the waiting area until you are in the recovery area.
 - A nurse will contact your guest when they will be allowed into the recovery area.
- Recovery room – length of stay depends on the type of surgery and anesthesia you receive.
 - Outpatient: you will be discharged same day
 - Overnight stay: if your surgeon has recommended overnight stay
 - You will be discharged by the next morning.
 - Inpatient stay: your stay will be between 2-4 days depending on the surgery and then to a rehabilitation facility.
- Discharge – you and your guest will be provided verbal and written post-operative car instructions upon discharge.



AFTER SURGERY POST-OPERATIVE CARE

Post-Operative Appointments

- You will receive a call from our nurse practitioner and the facility the day following surgery to see how you are doing, if you have any concerns and answer any questions.
- If you are in a rehabilitation facility, Dr. Macyszyn will see you after you have been discharged unless deemed necessary to be seen during your stay.
- At approximately 1 week post-surgery
You will have a wound check appointment with the nurse practitioner.
Your incision will be examined, and x-rays may be ordered to be obtained prior to your post-operative visit with Dr. Macyszyn.
- At approximately 3 weeks post-surgery
You will have an appointment with Dr. Macyszyn
Your incision will be examined, and x-rays will be reviewed (if applicable).
- At 3 months – a post-operative appointment will be scheduled.
X-rays may be needed.

When to Contact the Doctor

- Fever of 101 degrees or higher
- Increase in redness at the incision site
- Increase in the amount of drainage at the incision site
- Severe pain, numbness, weakness, or tingling
- Problems urinating or controlling bowel movements
- Increased swelling of the ankles or feet

Non-Urgent Calls - If it is the weekend or after hours, please call 424-835-3100

Emergent/Urgent Calls - Call 911 or go to your nearest emergency department.

Incision Care at Home

- Showers are fine once the patient is home.
- Incision(s): Most incisions will be covered with a Dermabond, a topical skin adhesive.
 - Do not soak or scrub the incision.
 - Pat dry
 - Apply clean dressing, if needed.

4551 Glencoe Avenue, Suite 145, Marina del Rey, CA 90292

16830 Ventura Boulevard, Suite 220, Encino, CA 91436

Ph: 424-835-3100 | Fax: 310-574-0403

Email: admin@laspinedoc.com | Website: www.laspinedoc.com

- **DO NOT submerge in standing water for 30days after surgery** - bath, swimming, and hot tubs due to the risk of infection.

Activity Restrictions

- **LIMIT** BLT (bending, lifting, twisting), **for 6weeks**.
- **NO** Pushing or pulling anything greater than a gallon of milk, which weighs about 8 pounds, **for 6 weeks**.
- **Let pain be your guide, if it hurts, don't do it.**
- Many typical household responsibilities require bending or lifting and should **NOT** be attempted.
 - Yard work, cleaning the house and washing dishes fall in this category.
 - Bagged dog food, cat litter, and items from big-box stores may be over the 8-pound limit.
- Using paper plates and placing needed kitchen items in easy reach on the counter may be helpful.
- Climbing stairs is allowed unless it's uncomfortable.
- Most people do not need help with bathing and dressing, but situations vary.
- It may be easier to wear shirts that have zippers or buttons up the front, rather than those that go on over the head, for this initial recovery period.
- Sexual activity is usually allowed in the second week if it doesn't cause discomfort.
- **Physical Therapy** will be determined at your 3week visit with Dr. Macyszyn

Exercise

- Walk as much as you can and as early as you can after surgery.
- You may gradually increase the amount of walking to whatever distance your body can tolerate.
- **There is no limit but please listen to your body and stop if it causes pain.**
- **NO** swimming, use of elliptical/Stairmaster exercises for 4-6 weeks, unless directed by your physician's office. Further exercises/physical therapy and return to work will be discussed with your physician's office on your postoperative follow-up visit.
- Rest is important but too much standing, sitting, or lying down can lead to stiffness.
- Stiffness can be eased by changing positions at least once an hour.

Sleeping

- Initially, some patients may find it more comfortable to sleep in a reclining position.
- If so, pillows may be used to prop up the upper back and shoulders in an inclined position, or the patient can try sleeping in a recliner or an adjustable bed.
- Sleeping on the side or back is recommended versus sleeping on the stomach.
- Adding a pillow between the knees when sleeping on the side, or under the legs when sleeping on the back may be helpful.
- It is not required to wear your back brace or cervical collar to sleep.

Driving

- Operating a motor vehicle is not permitted while taking narcotics or muscle relaxants.
- Patients who feel comfortable and are not taking narcotics are permitted to drive after about 7 days from the date of surgery.
- Patient's that require a cervical collar are not permitted to drive with the collar on. You may ride as a passenger in a vehicle at any time after surgery.

Travel

- We do not impose travel restrictions, however cross country or intercontinental flights are not recommended for at least 72hours after surgery.

- Riding in a car is allowed, but we recommend wearing your brace (if provided) for comfort for the first 3 months.
- If it's necessary to ride in a car for long durations (more than 2 hours for the first 7-14 days), stopping and stretching is recommended every 60 minutes to prevent stiffness.

Return to Work

Returning to work will depend largely on your recovery as well as the type of surgery performed. Some may even be able to return to work as early as 3 or 4 days after surgery, average is roughly 2-3 weeks. The physician's office should be consulted on when to return to work and if any work modifications are required.

Additional Post-Surgical Information

It is common to experience post-surgery symptoms like your pre-surgery symptoms due to residual swelling and nerve inflammation from surgery. This recurrence of nerve irritation will fluctuate but should decrease in intensity and frequency as the weeks pass. It is common to have these symptoms occur up to 6 weeks after surgery.

Narcotic pain medication is prescribed to help reduce the pain in the first 1 to 4 weeks after surgery. Because narcotic medications can be addictive and cause side effects such as nausea and constipation, it is best to avoid using them for an extended time. Please taper off narcotic medications gradually as it may cause adverse side effects including depression.

Walking as tolerated, drinking water, and adding fiber rich foods- such as beans, bran, cereal, fruits, and vegetables- can help prevent constipation. Many patients also need to use stool softeners/laxatives at this stage. Please purchase these from your local pharmacy prior to surgery.

Acetaminophen, such as Tylenol, is the usual choice when narcotic pain relievers are stopped. Patients should check before taking any acetaminophen, however, as several narcotic medications also contain acetaminophen and too much can cause liver damage. Please do not exceed >3500mg acetaminophen over 24 hours.

Pain Management

- **Cyclobenzaprine** – A muscle relaxant used to treat muscle spasms or tightness.
- **Extra Strength Tylenol** – A common, household oral pain medication. This will be given through an IV during the surgery and can be continued at home after the surgery. You can take up to 3500mg over 24 hours.
- **Medrol Dosepak** – This steroid pack can be prescribed if you experience an increase in pain following surgery. This medication acts as an anti-inflammatory and will help assist in relieving any post-op swelling or inflammation.
- **Ice** – Pain relief is not limited to medication. Ice packs applied for 15 to 20 minutes each hour for 4 consecutive hours may provide significant improvement in symptoms for the first 2 weeks. An ice pack may be especially helpful after any activity-related pain. A towel or other cloth should be placed between the ice and skin to prevent ice burn on the skin. You may continue to use ice after surgery if you continue to experience pain or swelling.



LETTERS & FORMS

All letters and forms requested may be subject to a processing fee.

- No charge for the following:
 - [State Disability Forms \(EDD\)](#) – must be submitted ONLINE ONLY
 - Employer Disability Forms
 - Work Letter – time off/return to work
- Letters
 - \$50.00 for initial form requiring detailed information provided by Dr. Macyszyn
 - \$15.00 for renewals/extensions
 - Allow 5-7 business days for completion.
 - Same day requests cannot be accommodated.
 - Fees must be paid in advance.
- Requests may be denied if deemed not medically necessary or outside the scope of the practice.