

# SCOLIOSIS PRE-SURGERY PATIENT EDUCATION



**Mount  
Sinai**

*Kravis Children's Hospital*

# Welcome to Mount Sinai

Thank you for choosing Mount Sinai for scoliosis surgery. We are looking forward to taking care of your child and family during your admission here.



# BEFORE YOU ARRIVE

**Before coming to the hospital, you should receive information from your doctor and the team on...**

- ✓ Any tests that may need to be completed prior to surgery
- ✓ Any changes that may need to be made to your home medications
- ✓ Any eating restrictions or diet modifications that may be needed
- ✓ Bathing and showering instructions prior to surgery
- ✓ What to bring to the hospital
- ✓ What NOT to bring to the hospital

# BEFORE YOU ARRIVE

We are taking every precaution to make sure you and your family stay safe during your time with us. Before your surgery, you will be required to get medical clearance from your doctor.

**Because of the COVID-19 pandemic, visitor restriction policies are in effect.**

<https://www.mountsinai.org/about/covid19/patient-updates>

Masks must be worn at ALL times. If you have any questions about these policies and procedures, please contact your medical team.



If you feel yourself getting sick (cold, virus, sore throat) the week leading up to surgery, please call your surgeon's office.

They will decide whether your surgery needs to be rescheduled.

# WHAT TO PACK IN YOUR HOSPITAL BAG



*Remember: Pack light*

## Items

- ✓ Caregiver ID
- ✓ Insurance Card
- ✓ Medical clearance form
- ✓ List of medications
- ✓ Caregiver medication
- ✓ Supportive Shoes
- ✓ Personal toiletries
- ✓ Phone charger
- ✓ Comfort item from home (IE: blanket, stuffed animal, etc)

*Items to leave at home: Jewelry, Valuables*

# Arriving to the Hospital



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# The Morning of: Directions to the Hospital

If you are traveling to Manhattan via **train**, please refer to the Amtrak, MTA, NJ Transit or LIRR websites. Complete public transit information and maps can be found at [Metropolitan Transportation Authority \(MTA\) website](#)

If you are **flying** to Manhattan, there are three major area airports—[LaGuardia](#) and [JFK International](#) in New York and [Newark International](#) in New Jersey. Shuttle, bus, taxi, and limo services are available from the following:

- [The Port Authority of New York and New Jersey](#) offers comprehensive airport information, including information on transportation into Manhattan upon arrival.
- [NY.com](#) lists transportation options from each airport and estimated rates and trip times.
- [Taxi](#) information is available through the New York Taxi and Limousine Service.
- [Limousine](#) and car service information is provided by the New York Taxi and Limousine Service.

If you are traveling to Manhattan by **car** or **taxi**, please go to <https://www.mountsinai.org/locations/mount-sinai/your-visit/locations> for driving directions.

# Parking

Mount Sinai parking garage: **1292 Park Ave, New York, NY 10029** (on 99th Street between Park and Madison Avenues). Please note: the garage is open 24 hours a day. Call 212-241-5125 to inquire about hourly and daily rates.

Additional parking options in the surrounding area include:

- **MPG Parking:** 6 East 102nd Street, New York, NY, 10029. Located between Madison and 5th Avenues, 212-289-2959
- **Imperial Parking Systems:** 1510 Lexington Avenue, New York, NY 10029. Parking entrance is on 98th Street, between Lexington and Park Avenues, 212-289-6257
- **GGMC Parking:** 60 East 94th Street, New York, NY 10128. Located between Madison and Park Avenues, 212-369-9304
- Metered parking on streets bordering the Mount Sinai campus is also available.

Please discuss parking discount options with your social worker at [Danielle.Young@mountsinai.org](mailto:Danielle.Young@mountsinai.org)!



# The Morning of: Checking In

## Where:

Guggenheim Pavilion  
Building  
1468 Madison Avenue (at  
100th Street)  
New York, NY 10029

*\*When you arrive, security will direct  
you to the Surgical Admissions area,  
2nd floor*

**PLEASE ARRIVE ON TIME**



# The Morning of: Before Surgery Activities

You will be given a hospital gown and ID bracelet to wear. An IV will be placed for medication.

You will meet with a member of the orthopedic and anesthesia team

- a. This is your time to ask questions!
- b. If you have not done so, you will be required to sign consent
- c. If you have had any experiences in the past with anesthesia, please let your doctor know!



# After Surgery



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# After Surgery: Meet your Care Team

When you wake up, you will be welcomed on one of the hospital floors by your team of doctors and nurses.

After your first night in the hospital, you will meet your physical therapist, occupational therapist, social worker, and child life specialists.



**Doctors**



**Nurses**



**Social Workers**



**Child Life  
Specialists**



**Physical Therapists  
& Occupational Therapists**

# Doctors

During your stay you will have 3 different teams working together to manage your care.



## Primary Medical Team

This is your go-to team. They will care for your day-to-day needs.

The doctors will evaluate and meet with each patient between 9-11am to discuss the plan for the day. Parents are encouraged to participate in our family centered rounding.



## Orthopedics Team

This is the team who will be performing your surgery.



## Pain Team

This is the team who will be managing your pain after surgery.

# Nurses

Once you arrive to the floor, you will be assigned a primary nurse.

You can count on your nurse to:

- ✓ Provide individualized care 24/7
- ✓ Monitor how you are feeling
- ✓ Prepare and give medications
- ✓ Assist with walking/movement
- ✓ Assist medical team with procedures
- ✓ Provide information and education



# Supportive Services: Social Workers

- Provide resources including referrals for therapies and equipment as recommended
- Assist with strategies to help with coping and safety
- Provide emotional support, advocacy, and communication for both patient and family
- Assistance around family adaptation to chronic or acute illnesses during childhood and adolescence
- Provide education around hospital experience, resources, and related questions or concerns



# Supportive Services: Child Life

Child life specialists are available to provide emotional support and promote positive coping through therapeutic bedside activities during your stay. Some of the programs offered include:

- Paws and Play Program for Animal Assisted Therapy
- Art and music therapy
- Procedural support and education to increase your and your child's understanding of medical experiences
- The Zone and Kids Zone TV opportunities for play and creative expression
- Support for patients, siblings, and families to cope with hospitalization and illness





# Physical Therapy

During your stay, you will work with your Physical Therapist every day

Physical Therapy will help you practice:

- ✓ Getting in and out of bed safely
- ✓ Moving around while following your spinal precautions
- ✓ Walking after surgery
- ✓ Going up and down the stairs
- ✓ Getting in and out of a car
- ✓ Your exercises for home



## After-Surgery Plan

Day 1	<ul style="list-style-type: none"><li>- Meet your physical therapist and receive your home exercise program!</li><li>- Learn how to get in and out of bed</li><li>- Sit in a chair</li><li>- Walk in the room or hallway as appropriate</li></ul>
Day 2 - 3+	<ul style="list-style-type: none"><li>- Review getting in-to and out-of bed</li><li>- Sit out of bed in the chair</li><li>- Increase walking distance as appropriate</li><li>- Practice stairs as appropriate</li><li>- Learn your home exercises</li></ul>
Ready to go home	<ul style="list-style-type: none"><li>- Moving in and out of your room safely</li></ul>

# Occupational Therapy

Occupational therapist will help you perform daily tasks

- Practice dressing while following spinal precautions
- Practice getting on and off the toilet and in and out of the shower
- Lift objects from floor while following spinal precautions
- Practice everyday activities such as picking up or reaching for objects while following spinal precautions
- Learn how to use special equipment that may be needed to perform daily tasks at home
- Learn stretches so your shoulders and arms do not feel tight

# After Surgery: What to expect?

## Let's talk about...

- The Hospital Room
- Spinal Precautions
- Pain Control Strategies
- Common Equipment
- Preventing Complications
  - Compression Leg Wraps
  - Breathing Exercises
  - Bandages to prevent skin breakdown
- Moving and Walking



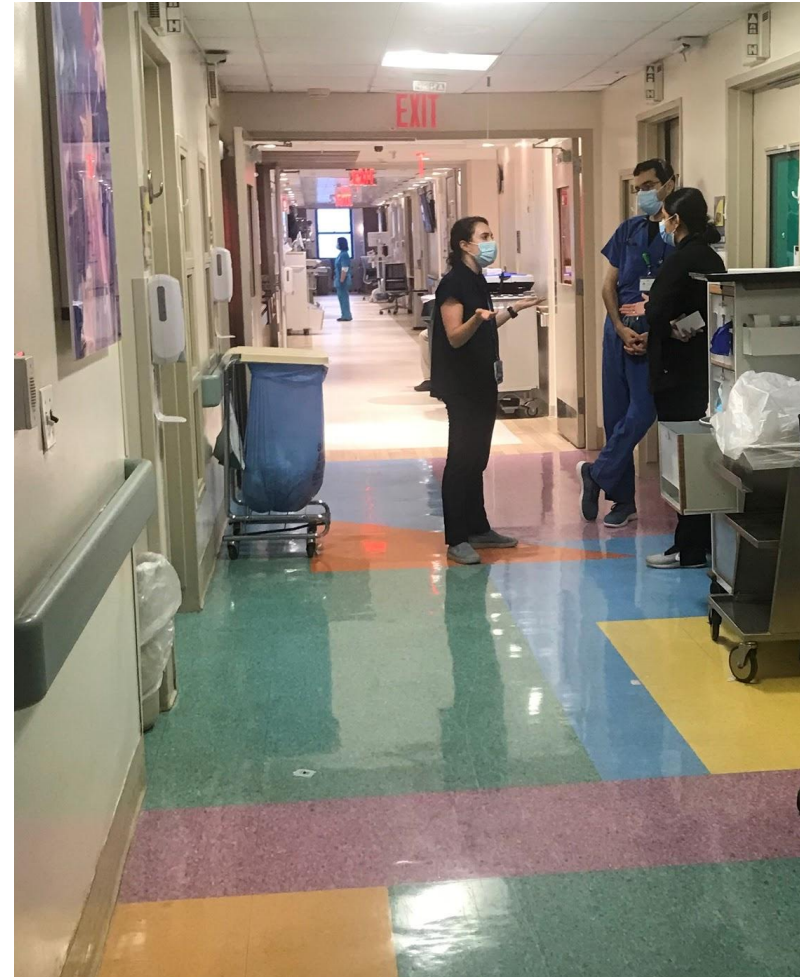
# P3 - Pediatric Intensive Care Unit



# P2 - Medicine Floor



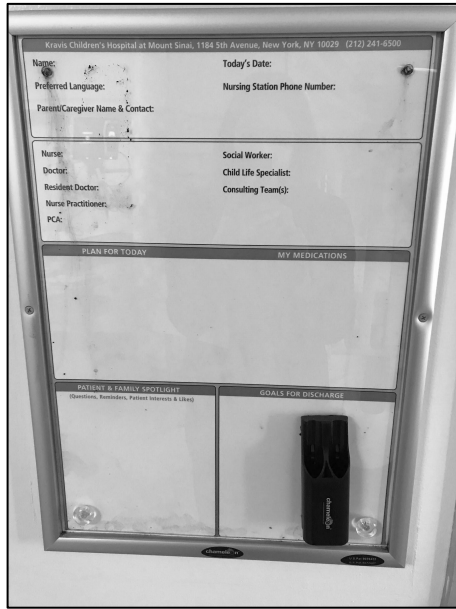
# P4S - Medical Step-Down



# P5 - Medical Floor



# Hospital Room Equipment



Whiteboard with your team's information on it



Hospital Bed

Incentive Spirometer



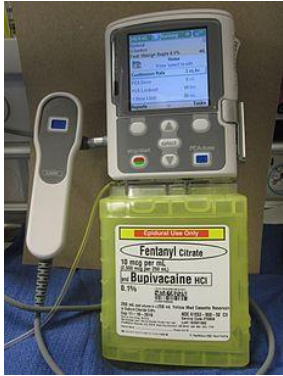
Call Bell and TV remote



# Hospital Room Equipment



Chest Tube



Pain Medicine Button



IV Machine



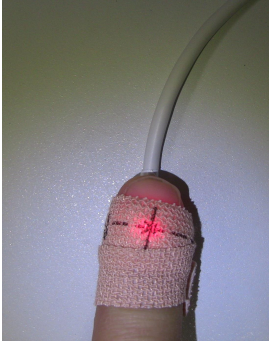
IV



Lower back bandage to prevent skin breakdown



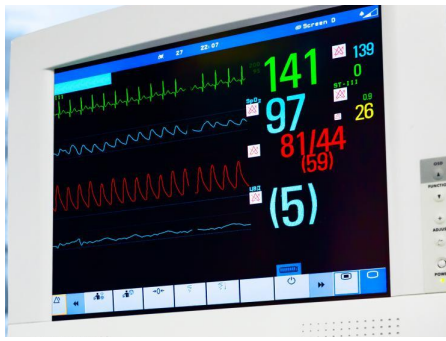
Compression Wraps



Oxygen Monitor



Heart Monitor



Monitor Screen

# Spinal Precautions

For the first 4-6 weeks after surgery, there are **THREE** movements that you are **NOT** allowed to do. Your therapists will meet you the first day after surgery to teach you how to move safely.

## You are NOT allowed to BEND, LIFT or TWIST



Do not twist  
at your waist.

Do not bend  
at your waist.

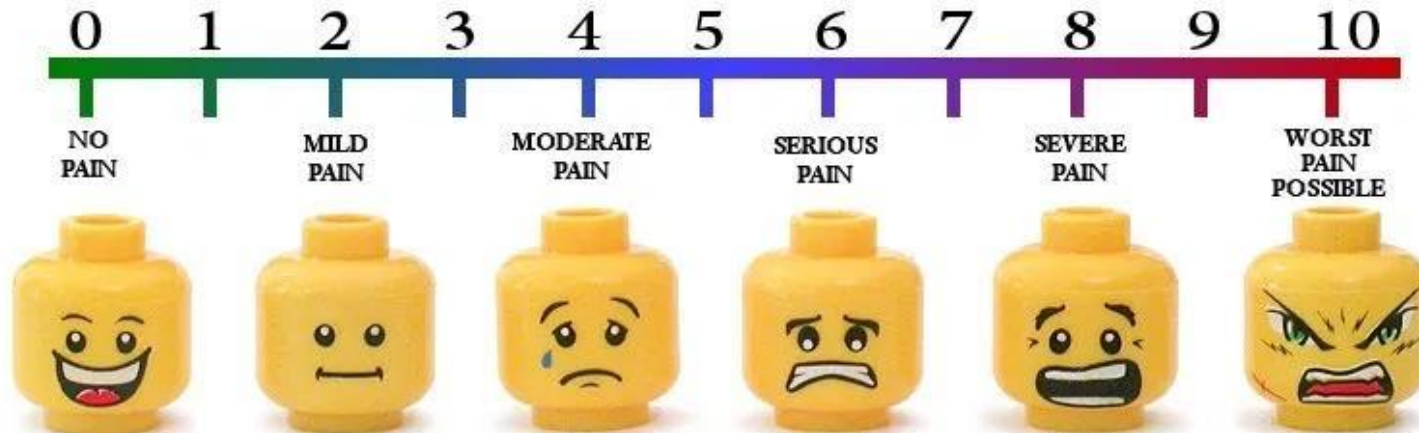


Do not lift  
anything that  
weighs more  
than a gallon  
of milk.

# Pain Management

After surgery, it is normal to have some pain. You will be asked often about your pain level. Please tell your nurse, doctor (pain team) or therapist if you are having pain. Do not be afraid to ask for pain medicine. It is important that your pain is well controlled so that you feel comfortable enough to get out of bed and move around.

**Pain is often rating on a scale of 0-10:**



*Everyone feels pain differently, so we have lots of strategies to help. Some of these strategies include medications that can be provided through an IV, medications by mouth, ice or hot packs, breathing exercises, relaxing, resting, positioning and distraction techniques.*

# Preventing Complications: In-Room Activities

## Breathing exercises

- Use your incentive spirometer (breathing tool) to take deep breaths IN
- Place the mouthpiece in your mouth and take a slow, long, deep breath in
  - Hold your breath for 3-5 seconds once you have fully inhaled
  - Your nurse, doctor or therapist will review this with you
- Take deep breaths with the incentive spirometer 10-20x every hour



Incentive Spirometer

## Sitting out of bed in a chair daily

- Helps to prevent dizziness, nausea, stiffness and chest congestion

## Squeezing a pillow when you cough

- While recovering, it is helpful to hug a pillow tight to reduce pain when coughing
- Your breathing exercises may make you cough, that's normal. Have a pillow nearby in case.

# Preventing Complications: Leg Wraps

- **Sequential Compression Devices** (SCDs) are wraps that you will wear on your legs while in bed. They are used to help with circulation, and your nurse will help you with putting them on and taking them off.
- You can take a break from wearing them only when you are sitting out of bed in the chair or walking with your nurse or therapist.



# Going Home!



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# Discharge Checklist

**To be ready to go home, you must:**

- Move in and around the hospital safely
- Go up and down the stairs as appropriate
- Take all medications by mouth
- Eat a regular diet



# Discharge Instructions

## **You may receive prescriptions for:**

- ✓ Pain medication, iron, stool softener, vitamins, or others as decided by your doctor

## **Home Instructions:**

- ✓ You will get detailed directions for taking medications, caring for your incision, and follow up appointments

## **Other Concerns**

- ✓ Showering/bathing
- ✓ Dressing
- ✓ Travel restrictions
- ✓ Sleeping positions
- ✓ Return to physical activity

*\*We will answer all of these questions and more during your stay with us*



# Home Exercise Programs

Post-Operative Scoliosis Correction

**Mount Sinai** *Rehabilitation and Human Performance*

*Kravis Children's Hospital*

**PHYSICAL THERAPY**

**HOME EXERCISE PROGRAM**

Go Online for Videos: [www.medbridgego.com](http://www.medbridgego.com)  
Enter this Access Code: LHN7WKDF  
Prepared by: Heather Miller, PT, DPT

**Mount Sinai** *Rehabilitation and Human Performance*

*Kravis Children's Hospital*

**OCCUPATIONAL THERAPY HOME EXERCISE PROGRAM**

PREPARED BY: RIVKY BARNETSKY, MS, OTR/L

*Handouts will be provided to you when you meet your Physical and Occupational Therapists*

# Questions?

If you have any additional questions or concerns not covered in this packet, please reach out! We want to make sure your experience is as comfortable and seamless as possible.

Dr. Lonner's Office

*Muhaimina Khalfan, PA-C*

- Please contact for clinical questions pertaining to medications, surgical clearance, and your pre and post-operative care questions
- Office line: 212-241-8312
- Email: [muhaimina.khalfan@MountSinai.org](mailto:muhaimina.khalfan@MountSinai.org)

*Patricia Permaul, surgical coordinator*

- Please contact for surgical booking/authorization and insurance questions
- Office line at 212-241-8947 or 8312
- Email: [Patricia.Permaul@MountSinai.org](mailto:Patricia.Permaul@MountSinai.org)

Dr. Allen's Office

*Ronald Supoint, Medical Administrative Assistant*

- Office line: 212-241-9561
- Email: [ronald.supoint@mountsinai.org](mailto:ronald.supoint@mountsinai.org)

Social Work

- **Danielle Young, LCSW**  
[danielle.young@mountsinai.org](mailto:danielle.young@mountsinai.org)

# We're Excited to Meet You!

