

Preparing for Spinal Surgery

Beaumont Hospital, Troy



Healing can be a lengthy process. As you prepare for surgery, be patient with your body as you recover. Remember: you are the most important team member.

It takes
6-12 months
for bones to heal.

It takes **30 days**
for damaged nerves
to heal at the site of
an injury or surgery.

A nerve regenerates
at **1 mm per day**.

12-18 Months is
the average healing
time for a nerve.

Enhanced Recovery After Surgery (ERAS)

ERAS is a cutting-edge program implemented by Beaumont to share techniques that:

- encourage early recovery
- reduce complication rates
- improve comfort levels

Before surgery, it's important to:

- Attend Back on Track.
- Attend STTAR clinic.
- Be active.
- Eat a well-balanced diet.
- Focus on mental health.
- Focus on healthy lungs.

Your surgical coach should be involved throughout your ERAS program.

Surgical Teaching and Testing for an Accelerated Recovery (STTAR)

The STTAR Clinic is a pre-operative clinic that helps prepare you and your surgical coach for surgery through:

- counseling
- education
- lab tests
- nutrition optimization

Visit beaumont.org/sttar-clinic for more information.

Back On Track

This free Beaumont class will teach you and your surgical coach:

- how to prepare for your surgery
- what to expect during your hospital stay
- what your recovery plan will involve

Visit beaumont.org/preparing-for-spine-surgery to register.

For an appointment with a Beaumont doctor, visit beaumont.org or call 800-633-7377.