

# Understanding Your Spinal Surgery

Beaumont Hospital, Troy



## Talk with your care team

Beaumont Health's team of doctors, nurses, and physical & occupational therapists will be with you and your surgical coach every step of the way to address any fears or questions you may have about your surgery.

## Preparing for your surgery

Your Beaumont team is focused on you and the best outcomes for your surgery. The team uses a multidisciplinary approach to your care called Enhanced Recovery After Surgery or ERAS. The goal is for patients and families/friends to partner with your health care team before surgery to improve outcomes. Key areas include: nutrition, exercise, lung health and mental health. Learn what to expect before, during and after surgery through these innovative and specialized services.

- **Surgical Teaching and Testing for an Accelerated Recovery** clinic (also known as STTAR). Schedule an appointment at Beaumont where you'll partner with our care team to learn the ERAS approach.
- **Back on Track** class. Schedule an appointment at Beaumont where you'll partner with our care team to learn the ERAS approach.

### Who is your surgical coach?

It's your choice. Your coach can be anyone from a family member or spouse, to a close friend. Their role is to coach and support you throughout the pre-surgery and recovery process.

**Your surgeon will share more information about each program and how they can benefit you.**

## After your surgery

Recovery is a lengthy process, but our Beaumont care team is here to support and partner with you and your surgical coach to optimize progress.

As your care team, our main goals are:

- restoring mobility
- incision care
- comfort and safety

**Visit [beaumont.org/troy-spine-surgery](https://beaumont.org/troy-spine-surgery) for more information.**

**For an appointment with a Beaumont doctor, visit [beaumont.org](https://beaumont.org) or call 800-633-7377.**