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.

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 for more information.

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