



SVA

Spine Surgeon Discussion Guide

Whether you're consulting for the first time with a spine surgeon who specializes in decompression surgery with the **coflex® Interlaminar Stabilization®** device, preparing for surgery or navigating the recovery process, you may have several questions for your doctor.

Regardless of where you are in your journey, these are some examples of questions you may want to ask your surgeon during your next appointment.

Treatment Options

- Which treatment option is right for me?
- Do I need to have surgery to treat my lumbar spinal stenosis ("LSS")?
- What are the potential long-term effects of surgery for LSS?
- How effective are conservative care treatments for LSS?
- How effective are surgical treatments for LSS?
- What are the risks and benefits of decompression surgery with the **coflex** Interlaminar Stabilization device vs. fusion?
- If I need to have surgery, what can I expect from the recovery process?
- How does the recovery process differ with various types of surgeries?

Preparing for Surgery

- Is there anything else that I should do to prepare in the days leading up to my surgery?
- How can my caregivers/loved ones help me prepare for surgery?
- When should I arrive at the hospital before my surgery?
- What should I bring to the hospital?
- What happens during the pre-operative preparation process?
- What can I expect during my surgery?

Recovering from Surgery

- What will happen immediately after my surgery?
- How long will I be in the hospital after surgery?
- What type of conservative care (e.g., physical therapy) will I need to do after surgery?
- Will I need to wear a back brace after surgery? If so, for how long?
- How soon after surgery will I be able to resume daily activities?
- How can my caregivers/loved ones help me during recovery?

