

Sample questions to ask your spine surgeon before surgery:

1. What type of back surgery do you recommend and why?
2. What problems will this type of back surgery solve? (And, what cannot be fixed by this surgical procedure?)
3. What can I expect if I don't have back surgery?
4. How long will the surgery take?
5. What are the risks? (And, what can I do to reduce those risks?) Should I donate blood for my surgery?
6. Who will be my operating surgeon? (And, how many times have you done this surgery?)
7. What has happened with other patients who have had this surgery?
8. How can I expect to feel after surgery?
9. How long will I be in the hospital?
10. When can I return to work?
11. How physically active can I be after surgery? (When can I run or exercise?)

