

Rehydration Protocol for Spine and Total Joint Patients

Here at The Center for Minimally Invasive Surgery, we are continually striving to provide the best care/surgical experience possible for our patients. We have currently adopted a rehydration protocol to better serve our patients.

Studies have shown

- Increase Perioperative Hydration
- Decrease in Post-operative Nausea and Vomiting
 - Decrease Patient Anxiety
- Decrease Pain responses which lead to decreased narcotic use
 - Decrease in Infection Risk

The Protocol is as follows:

- May use Gatorade or Powerade.... **NO RED**
- The night before surgery may drink up to 32 ounces before Midnight.... **NO RED**
 - 2 hours prior to surgery may drink another 8 ounces.....**NO RED**
 - **If DIABETIC 3 HOURS PRIOR TO SURGERY DRINK 8 OUNCES... NO RED**
 - **If Diabetic May use Gatorade G2 NO RED**



If you have any questions, please Contact us at 219-961-9621