



NASHVILLE SPINE  
INSTITUTE

## Welcome to Nashville Spine Institute

3443 Dickerson Pike Suite 590 Nashville, TN 37207  
(P)615.953.9512

Welcome to Nashville Spine Institute. This is a quick overview to ease your mind, as our goal is to create a safe and pleasant experience for you, as our guest. The following are important things to read prior to your procedure.

We strive to maximize your comfort by minimizing your wait-time on the day of your procedure. However, because your care's highly personalized, we cannot accurately predict your wait-time...and we recognize that poses a problem for those who are hungry.

Your sedation level's highly personalized because it's based on your desired level of sedation, within safe parameters, of course. If you prefer sedation, you'll receive light sedation, referred to as "conscious sedation" because you'll be comfortable, yet conscious enough allowing you to converse.

Dietary restrictions before sedation are meant to minimize your likelihood of aspirating food into your lungs, recognizing that desired sedation levels vary. To accommodate this variability, **we recommend allowing you to eat a light meal up to 6-hours before your procedure, and clear liquids up to 2-hours before your procedure.**

\*For patient post-op safety, we ask that you have someone stay with you for the first 12 hours post procedure.

\*Due to sedation, in order to be discharged from the surgery center following your procedure, you are required to have a driver. Medical guidelines suggest not driving for 24 hours following sedation. If you do not have someone to drive you following your procedure, Dr. Tolman kindly provides a car service, gratis. Please see the "Hotel & Transportation" form provided in your new patient packet in order to make necessary arrangements.

[www.tennesseespineinstitute.com](http://www.tennesseespineinstitute.com)  
3443 Dickerson Pike Suite 590 Nashville, TN 37207  
(P)615.953.9512

## **What to expect once you arrive in the Pre-Operative Suite**

When you arrive in the pre-operative suite at NSI, you will be asked several standard questions pertaining to your medical history and asked to put on a surgical gown. You may leave all of your undergarments on. Next, you will have an intravenous (IV) catheter started for fluid and medication/sedation purposes. Once your IV is started, you will meet your anesthesia provider, who will be administering and managing your sedation throughout your procedure. You will be consciously sedated. Most patients do not remember their procedure due to sedation, which is why Dr. Tolman writes you a note, explaining how your procedure went.

Once we are ready to take you to the operating suite, you will be introduced to one of our surgical assistants and rolled back to the operating suite on a stretcher. While there, you will see Dr Tolman's assistant, Shelby Delaurier, as well as the nurses that will be assisting. Dr. Tolman throughout your procedure. From here, you will be assisted by the nurses and assistants in moving you to the procedure table from the stretcher.

Once on the procedure table, we will make sure you are in a comfortable position, and the IV sedation medications will begin via your anesthesia provider.

Dr. Tolman and the anesthesia provider will talk to you throughout the procedure to assure that you always know what to expect and to assure that you are as comfortable as possible. Kaitlyn Lewis will be there as well taking procedure notes and will send your Annulogram picture to your patient liaison who will then send it to you. If you have any specific questions about your procedure, Shelby Delaurier and Kaitlyn Lewis will both be giving you their business cards with their personal cell phone numbers so you may call or message them any time following your Discseel® Procedure.

Whether you are having the Lumbar, Thoracic or Cervical procedure, it will take roughly anywhere from 45 minutes to a 1 hour.

Once we are done with the procedure, we will assist you back to the stretcher and roll you to the recovery room. In the recovery room, you will remain on your back for at least 30 minutes and be given any medications you might need for nausea and/or pain management.

With the IV medication regimen you receive throughout the procedure, normally little to no medication is needed in the recovery area. You may start your prescription medications Dr. Tolman prescribes you when you are ready to leave the surgery center. We encourage patients to stay ahead of the pain by taking your medication, in effort to keep you comfortable soon after your procedure.

Once we know you can remain comfortable and you feel safe to go, we will let you get dressed, give you verbal and written discharge instructions, and roll you in a wheelchair to your vehicle.

You will also have a cell phone number of one or more of Dr. Tolman's team members to call any time should you have any further questions or concerns.