

Questions to ask your doctor

Having trouble knowing where to start? These starter questions can help you talk about the symptoms you are experiencing with your doctor. They can also help you and your doctor determine if back surgery makes sense for you.

- Which pain relief options may work well for me?
- Am I eligible for spine surgery?
- How much relief will non-surgical or surgical treatment options give me?
- How is spine surgery done?
- What does recovery look like?
- How much pain will I feel after surgery, and how is it managed?
- What are the risks or complications of spine surgery, or other treatment options?
- Will I have mobility restrictions? For how long?
- How long will I be in the hospital?
- How long before I can return to my normal activities?
- When will I be able to drive?
- Is back surgery covered by my insurance?
- Which company's back surgery products would you use for me? Why?
- Will you be performing the surgery?
- How many back surgeries have you performed?

Important information

The information presented is for educational purposes only. Stryker is not dispensing medical advice. Please speak to your doctor to decide if spinal surgery is right for you. Only your doctor can make the medical judgment regarding which products and treatments are right for your own individual condition.

As with any surgery, spinal surgery carries certain risks. Your surgeon will explain all the possible complications of the surgery, as well as side effects. Each spinal surgery patient will experience a different post-operative activity level, depending on his/her own individual clinical factors. Your doctor will help counsel about how to best maintain your activities in order to recover properly from your surgery. Such activities include not engaging in high-impact activities that could de-stabilize any instrumentation that may have been implanted.

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Ask your doctor if spine surgery is right for you.