

SURGERY CENTER OF PINEHURST

Home Instructions for Anterior Cervical Discectomy and Fusion

These are general guidelines and your doctor may have different or additional instructions

PAIN

Some pain is normal after surgery. You may be given a prescription for pain medication that you can use after going home. Do not take pain prescriptions on an empty stomach. Pain medications can cause dehydration and/or constipation to lessen this you need to drink plenty of fluids. For less severe pain after going home, you can use Acetaminophen (Tylenol) by mouth. Do not drive as long as you are taking pain medications.

BRACING

Wear the collar for comfort at all times, except showering, eating, and shaving. Your doctor will instruct you as to how long this soft collar needs to be worn. If you are issued a hard collar wear this at all times including sleep-change into the second dry collar after showering.

WOUND CARE

Keep surgical incision dry for 2 days after surgery to include showering time. Remove outer dressing 2 days postop and leave Steri-strips in place. Do not apply lotions or creams to your incisions; these may interfere with healing.

ACTIVITIES

- You should not drive until released by your doctor.
- Walking and climbing stairs is good for you after surgery.
- Do not bend, twist or raise arms above shoulders.
- Do not lift greater than 5 pounds.
- No prolonged use of computers.
- Your doctor will discuss with you when you may return to work.
- For the first week eat soft foods, no hard veggies or large pieces of meat.
- Do not drive until cleared by the doctor.

CALL YOUR DOCTOR FOR ANY OF THE FOLLOWING

- Your incision becomes red, swollen, and severely painful or ANY drainage noted.
- Fever over 100 degrees Fahrenheit (taken by mouth)
- Increase in your neck or arm pain.
- New weakness or numbness.

Dr. Williams

Office: 910-235-2984