



Cervical Spine Patients

Postoperative Discharge Instructions

Please call the office prior to your hospital discharge to schedule a follow-up appointment approximately two weeks from the date of your surgery, if not already done at the time of scheduling surgery. (630.858.5400)

1. You should not bend over or twist at the waist, raise your hands over your head or lift more than four to five pounds for the first two weeks after surgery.
2. You should increase your walking, letting pain be your guide; the first couple of days should be limited to walking in your home, driveway or local sidewalk, increasing your length of time walking gradually. The walking activity will encourage blood flow to tissue that is healing.
3. You may not immerse your wound in water, i.e., no bathtub, hot tub, swimming pool, etc., until advised that it is safe to do so by your physician.
4. You may shower, allowing water to flow over your wound starting post-op day three.
5. You will be wearing a bandage over your wound at the time of discharge from the hospital. Instructions will be given to you concerning the use of additional bandages.
6. Physical therapy, if needed, usually begins four to six weeks after surgery and will be initiated at your first postoperative checkup.
7. You may continue using your medications provided by your neurosurgeon as needed.
8. Please inspect the wound daily and, if any redness, tenderness or abnormal discharge is noted, please call the office immediately.
9. If you require a brace, make certain that it fits properly. Contact either the brace supply company or your physician to make necessary adjustments.
10. Your brace must be worn at all times unless changes are specifically addressed by your physician.
11. Lateral cervical spine films will be obtained at intervals as instructed for fusions or instrumented fusions.
12. All cervical spine fusions (instrumented or non-instrumented) are not to take non-steroidal, anti-inflammatory medications as they may delay or prevent adequate bone fusion.
13. You may not drive a vehicle until advised to do so by your physician.

If you have any questions concerning your postoperative management that need to be answered before your scheduled appointment, please call the office.