

POST-OPERATIVE INSTRUCTIONS

These are general guidelines for you to follow after surgery and are the most frequently asked questions. Should you have any questions not addressed below, please feel free to contact our office at (540) 725-9771.

Prescription and refill requests are handled by calling the office Monday-Friday between 9:00 a.m. to 4:00 p.m.

Cervical spine surgery

- A sore throat is not uncommon following surgery. Over-the-counter lozenges, ice chips, and room temperature liquids should help this resolve over time.
- Mild intermittent pain and some numbness and tingling are not uncommon. Activity restriction, ice and/or heat (or a combination of both), and rest can help alleviate these symptoms which should resolve over time.
- You may shower following your surgery but do not soak in a tub. Do not remove the steri-strip w/Dermabond and no new dressing needs to be applied.
- Constipation may be a side effect. Increasing fiber intake and drinking plenty of fluids should alleviate symptoms. If not, over-the-counter laxatives or stool softeners can be taken.
- It is not uncommon to experience night sweats and a slightly elevated temperature (up to 101.9 degrees) for a period of time.
- Activity level is to tolerance – avoid bending and twisting neck, or lifting more than 5-10 lbs (refer to physical therapy sheet you receive from the hospital).
- Walking is important and encouraged.
- Driving is allowed within the 1-2 weeks of surgery when comfortable and able.
- Sexual activity is allowed.
- Maintain good posture (refer to physical therapy sheet).
- You may receive a brace which is to be worn for comfort only unless instructed otherwise.