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A DIVISION OF THE ASSOCIATION OF SPECIALTY PHYSICIANS INC.

POSTERIOR CERVICAL

Wound Care:

- Your dressing will have been changed in the hospital before transitioning home
- At home change the dressing DAILY, or if it becomes soiled or wet.
- Keep the dressing clean and dry, otherwise.
- Leave the steri-strips intact.
- You may shower if you place a waterproof dressing over your incision.
- Once the incision appears healed and there has been no drainage for 48 hours you may get the area wet with soap and water.
- Inspect the incision daily for signs of infection.
- Apply ice pack to the area for no more than 20 minutes with the dressing covered to avoid saturation.

Medications:

- Avoid taking medications on an empty stomach.
- Take medication **ONLY** as prescribed by your physician
- Resuming home medications:
 - Speak with your physician before resuming your regular home medications.
 - Resume regular medications upon returning home
- No aspirins, aspirin products or blood thinning medications until approved by your surgeon.
- No NSAIDS or anti-inflammatory medications unless approved by your surgeon.
- DO NOT drink alcohol, DO NOT drive, DO NOT operate complicated machinery, DO NOT sign legally-binding documents while taking prescription pain medications.
- Special Instructions _____

You may have been given the following prescriptions:

- Medication: _____ For: _____
- Medication: _____ For: _____
- Medication: _____ For: _____

DIET:

- Begin with clear liquids and soft foods (e.g. yogurt, jello)- progress as tolerated
- Return to a regular diet as tolerated.

- Special

Instructions: _____

Activity:

- Rest at home as much as possible for the first 24 hours. Anesthesia may impair your judgment for 24 hours or more, it is recommended that someone stay with you during this time.
- **DO NOT** drive until authorized by your physician.
- **DO NOT** make important decisions for the next 24 hours.
- **DO NOT** drink alcohol, especially when taking pain medications.
- **REFRAIN FROM SMOKING** to allow successful healing.
- Cough and breathe deep as often as possible for the next 72 hours to prevent breathing complications.
- No bending forward, heavy lifting or straining, until authorized by your physician.
- Do not lift more than 10 pounds (a full gallon of milk) until authorized by your physician
- No bending or twisting until authorized by your physician
- Resume light to normal activity in 3-4 days.
- Wear your compressive stockings until you are ambulating well.
- Walk as much as your pain will allow.
- Sleep on your back or sides, **DO NOT** sleep on your stomach.
- Wear your brace 24 hours a day. Take your brace off to shower, then replace immediately. Avoid moving our neck while out of the brace. Your physician will advise when you may remove it.

- Special Instructions _____

Call the office at 1-724-775-4242 if you experience:

If you need immediate attention, call 911.

- Chest pain or shortness of breath
- Excessive drainage or bleeding from the incision site.
- Temperature greater than 101 degrees F.
- Excessive swelling at the incision site or the extremities.
- Loss of bowel or bladder function.
- Persistent vomiting.
- Increased weakness and/or numbness in arms and/or legs.

Patient Signature _____

Date _____

Physician Signature _____

Date _____