

POST OP INSTRUCTIONS FOR NECK SURGERY

1. Home first to the fourth day post op.
2. You may remove the surgical dressing after day three. Keep the incision clean and dry for seven days.
3. You can shower on the second post op day with the incision covered by applying a TEGADERM or Saran Wrap over the wound and taping the edges. It is okay to shower without covering the incision after the seventh post op day.

Showering instructions: You may take off your cervical collar (**if ordered to have a collar**) to take a shower. You must remember to keep your head straight and still. Do not bend it from side to side. Do not tilt your head forward or backwards. You can only wash yourself in this position. You may bend at the knees to reach lower areas of your body but remember to keep your head, neck, and back straight at all times. For the first couple of days home you may wish to have someone to assist you during the showering process.

4. Walk daily gradually increasing the time and distance with a goal of walking two or three miles a day by the third or fourth post op week. **A treadmill may be used.** For example: First day home walk within the house; second day home walk one-half block; third day home walk three quarters to one full block. Slowly increase the time and distance per day.

NOTE: Listen to your body for signs of overdoing it, i.e., increased pain, weakness, or numbness. If the above examples occur cut your distance and time in half and gradually increase. If symptoms continue or increase call the office.

5. **Patients who are getting fusions:** Do not take any Non-Steroidal Anti-Inflammatory drugs for at least 3 months. **Examples : Advil, Motrin, Ibuprofen, Aleve, Naproxin, Naprosyn, Aspirin, Excedrin.
6. Avoid lifting, bending, twisting, stooping, pushing, and pulling for six weeks.
7. It is okay to drive after two weeks unless otherwise directed by Dr. LaGrone.
8. Follow up in the office two to three weeks after discharge from the hospital.

NOTE: During the weekdays the hospital staff should set up the post operative appointment for you. If discharged during the weekend you must make your follow up appointment on the following Monday.

9. Call the office at (806) 354-2529 if you experience redness, swelling, or drainage from the incision, fever over 101 degrees Fahrenheit or increasing upper and/or lower extremity pain, weakness, or numbness, difficulty in breathing and swallowing. Bowel or Bladder control problems.

NOTE: After this type of surgery it is not uncommon to experience hoarseness and/or sore throat-like conditions with some discomfort in swallowing. If you begin to experience the inability to swallow liquids or foods or if you begin to experience difficulty in breathing call the doctor's office immediately. *****Call the doctor's office immediately or go to the nearest Emergency Room if you begin to experience the inability to swallow liquids or foods or if you begin to experience difficulty in breathing.