



PREMIUM NEUROSURGICAL CARE

**Northwest  
Neurosurgical  
Associates, LLC**

**Northwest Neurosurgical Associates, LLC**

**Francisco X. Soldevilla, MD**

**Amanda J. Byrd, PA-C**

**19250 SW 65<sup>th</sup> Avenue, Suite 260 Tualatin, OR 97062**

**(503) 885-8845 Phone (503) 885-8946 fax**

**nwna.com**

## **Discharge instructions for cervical fusion surgery**

Please note: These are general guidelines and helpful suggestions for your post-operative recovery period. Everyone progresses at their own individual pace.

### Medications:

- a. Resume all previous medications unless instructed otherwise.
- b. Pain medications as prescribed. Take only as needed.
- c. Muscle relaxants as prescribed. Take only as needed.
- d. NO over-the-counter anti-inflammatory such as Advil (ibuprofen), Aleve (naproxen), or aspirin (81mg baby aspirin is ok) for a minimum of 6 months; unless directed by your surgeon. Studies have shown that non-steroidal anti-inflammatories (NSAIDS) may slow or stop bone formation and may inhibit the fusion process.
- e. NEVER DRIVE OR OPERATE MACHINERY UNDER THE INFLUENCE OF NARCOTIC PAIN RELIEVERS OR MUSCLE RELAXANTS.

### Activities:

- a. Walking is the best exercise after surgery.
- b. No lifting, pushing, pulling, overhead lifting greater than 10 pounds.
- c. No driving for 2-3 weeks.
- d. If your doctor has prescribed a cervical collar for you to wear, please wear it at all times except while in bed and bathing.
- e. Please avoid hyperflexion, hyperextension, and extremes in range of motion of your head and neck.
- f. Your energy level will be decreased for several weeks following surgery.
- g. Be careful to avoid sudden movements and use good body mechanics.

## **Discharge instructions for cervical fusion surgery (continued)**

### Diet:

- a. Your appetite may be decreased. It may help to eat smaller, more frequent meals.
- b. Your surgery and narcotic pain medications may cause constipation. If you need a laxative, try 1-2 tablespoons of Metamucil per day, and/or a tablespoon of milk of magnesia in the morning, drink lots of water. Remember to eat fiber, fresh vegetables, prunes, and fresh fruit.

### Care of incision:

- a. Please keep the incision area clean and dry. Do not peel off scabs.
- b. If dressing is placed, please keep dressing on for the time period as directed on your discharge paperwork. If no time period is mentioned, please see below in section c.
- c. Please change dressing 1-2x per day until drainage stops, then leave incision uncovered except during bathing.
- d. Do not submerge the incision in a bath tub, hot tub, or swimming pool for 4 weeks.
- e. Cover the incision for showering for 2 days following surgery.
- f. Remove steri-strips (if placed) after the 10<sup>th</sup> post-operative day. Do not worry if they fall off earlier.
- g. Unless directed, no ointments (such as Neosporin) on the incision.
- h. You may notice some numbness and swelling around your incision which is normal. This should gradually decrease.
- i. If you notice increased swelling, redness, and/or drainage from the incision, please call the office.

### Additional instructions:

- a. If you have not already set up your post-operative appointment, please call the office when you get home to schedule your appointment. Your discharge paperwork should have instructions on it when you need to follow-up with your doctor's office.
- b. Medications are renewed only between the hours of 8:30 to 12:30 and 1:30pm-4:00pm, Monday thru Thursday, and 8:30am-12:30 on Friday. Please allow 2 business days for refill requests.
- c. No medications will be renewed during the weekends or after hours. No exceptions. Plan ahead.
- d. NO SMOKING. Studies have shown that smoking may inhibit fusion.
- e. If you have any questions or concerns, please call our office at 503-885-8845.