



Northwest Neurosurgical Associates, LLC

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Discharge instructions for cervical surgery – non-fusion (may include foraminotomy, laminectomy, and/or microdiscectomy)

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. 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 1-2 weeks or while on narcotic pain medications. See above.
- d. Please limit extremes in range of motion of your head and neck.
- e. Your energy level will be decreased for several weeks following surgery.
- f. Be careful to avoid sudden movements and use good body mechanics.

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.

Discharge instructions for cervical surgery – non fusion (continued)

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 during showering for 2 days following surgery.
- f. Remove steri-strips (if placed) after the 10th 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. If you have any questions or concerns, please call our office at 503-885-8845.