

***POST OP WOUND, AND SCAR CREAMS WILL BE MAILED FROM ADVANCED RX.**

***POST OP MEDICATIONS WILL BE SENT TO YOUR PHARMACY ON FILE.**

Post-Operative Cervical (Neck) Surgery Guidelines

PLEASE DO NOT:

- DO NOT Lift, push, pull or carry anything more than 10 pounds.
- DO NOT Smoke/chew/dip any tobacco products (nicotine slows the healing process)
- DO NOT Resume anti-inflammatories (aka NSAID's) until directed by your physician as these medications can slow down healing.

Post-Operative Appointment

- Your first appointment in the office will be in two weeks from surgery.
- Please refer to the "Where to check-in" information sheet for appointment details.
- Should you need to change this appointment please call the office at 469.998.2273.

Brace/Collar

- After your surgery, you will be placed in a collar.
- You need to wear the collar for two weeks.
- At your post-op appt. the doctor/PA will give you further instructions.

Post-op Rx:

- As stated above, these Rx will be sent to your pharmacy on file. DO NOT take more than prescribed. Call our office if written Rx is not managing your pain during recovery.
- The scar cream from Advanced Rx can be used once your incision has begun to scab.

Wound Care and Bathing

- Your wound will be dressed with a waterproof dressing for 5 days; there are additional dressing supplies (tegaderm) in your "Post-op Kit".
- You will also have steri-strips covering your incision under the tegaderm and gauze; these will fall off on their own as you heal. DO NOT remove them. If they fall off, there are additional steri-strips in your "Post-op Kit".
- DO NOT apply any ointment, such as Neosporin, to the incision.

If you experience any of the following, please contact us immediately at 469.998.2273:

- Increased redness, streaking from the wound
- Wound opening, increasing drainage, or foul odor
- Increased pain not controlled with medication

- Fever of 101 or above
- Chills, vomiting, or nausea

Sleeping

You may sleep in any position you find comfortable. You do not need to wear your collar but may find you feel better in it. You may find that a rolled pillow or towel better supports your head. You may find that a wedge pillow may work as well. You may find a sleeping in a recliner more comfortable for the first few nights. Whatever position is most comfortable for you is fine.

Eating

You may have a sore throat for the first 7 to 14 days. You may find swallowing some foods may be difficult. It may be helpful to eat soft food for a week until you can tolerate other, heavier foods. Please cut your food into small pieces and chew thoroughly.

Riding in a Vehicle

You may need to recline the passenger side and carry a small rolled pillow help support your neck for the first 7 to 14 days. You cannot/should not operate a vehicle while on pain medications. You should not drive until you have full range of motion, are off pain medications and muscle relaxers, and are out of your collar. It is against state law to drive a vehicle with a collar in place.

Bathroom Habits

Constipation following surgery is common. Pain medications, decreased activity, and changes in your diet are some of the reasons for this. Please be sure to drink adequate amounts of water and eat a sensible diet every day. Please try to walk as much as possible. If you experience constipation, we recommend using a gentle over the counter stool softener such as Senokot-S, Correctol, Dulcolax, Ex-lax, or Colace. Do not just add fiber, such as Metamucil, as this can add bulk to your stomach that can make the issue worse. In dire cases, magnesium citrate chilled in the fridge works great. As a last resort, enemas or suppositories can help alleviate the problem.

Anxiety Attacks

You may experience anxiety attacks and feel like you are unable to breathe. When this happens, remove your collar and take slow, deep breaths - this will aid in relaxing your muscles and help lower your anxiety. If this does not help and you still feel like you are having a panic/anxiety attack, please call our office.

Paperwork

We understand that having surgery may mean you will be off work for an extended period of time. If this is the case, you will likely have several documents/forms that may need to be completed for your employer. Please allow 5-7 business days for this paperwork to be handled. A fee will need to be paid before the documents are released. Delivery and handling of this paperwork is handled at records@spinecareofnorthtexas.com or may be faxed to 469.998.2272.