

Ongoing Care Following Cervical Surgery

Wound

Please keep wound clean and dry. Bandage can be removed five days following surgery. You do not need to reapply a new dressing. Keep the incision uncovered and open to air. Do not apply any creams, oils, or lotions to the wound.

Showering is allowed when the wound, including the drain site, have been dry without any drainage for the preceding 48 hours.

No soaking/submerging (baths, pools, hot tubs) until seen in the office and your wound is completely healed.

Collar is to be worn while showering. If it becomes wet, pat dry with a towel after showering.

You will have sutures that are underneath the skin that will absorb over time. There is a layer of topical skin adhesive over the incision which may appear purple. This will begin to peel off on its own. Do not peel this layer.

Please check incision at least once daily.

If you have staples or sutures in your incision, they may be removed at your 3-week post op that is already scheduled.

Brace

If you have been given a rigid cervical collar, it is to be worn at all times even while sleeping and showering. This will be for 6 weeks following surgery. At the post op, brace weaning will be discussed.

Activity

No twisting, bending, or lifting, pushing, or pulling with arms anything greater than 5 pounds.

No overhead use of arms.

Sleep only on back or sides.

Driving is not permitted until off all narcotic pain medication, out of the collar, and feel comfortable to drive safely.

Walk several times daily for exercise.

No tobacco or marijuana products or anti-inflammatories.

Please contact our office if you have any of the following:

- Drainage from incisional site
- Opening of incision
- Fevers greater than 100.4°
- Flu like symptoms
- Increased lower extremity pain, swelling, warmth or redness, increased heart rate, shortness of breath, or chest pain
- Nerve problems