

Post-Surgery Care Anterior Cervical Surgery

- **Wound Care**
 - The dressing should remain in place until the day after discharge from the hospital, as long as it is intact, with a good seal, and there is no leakage.
 - Start dressing changes on the day after leaving the hospital with gauze and tegaderm. Change as needed for moisture in the dressing.
 - You may start showering on the day after leaving the hospital. Remove all dressings prior to taking a shower, then place a clean and dry dressing after showering.
- **Post-Surgery Pain**
 - Pain after surgery is normal. You may have some return of your pre-surgery symptoms and this is normal. Overall your pain should slowly decrease. You may have good and bad days.
 - The pain medication (Percocet) may be taken every 4-6 hours as needed for pain.
 - The nerve medication (Gabapentin) should be taken twice a day to decrease pain.
 - The muscle relaxer (Baclofen) should be taken 1-3 times daily as needed for muscle tightness and spasm.
 - The stool softener (Colace) should be taken 3 times a day to prevent constipation.
 - You **MUST NOT** take any anti-inflammatory pain medications for 3-6 months after surgery as these can prevent spinal fusion. These medications include advil, motrin, ibuprofen, aleve, Celebrex, meloxicam, voltaren, and diclofenac.
- **Post-Surgery Activity**
 - Please wear the soft collar when out of bed to help decrease pain.
 - There are activity restrictions for 6 weeks after surgery: 1) No heavy lifting more than 5lbs. 3) No excessive twisting or bending of your neck.
 - You may return to work when your pain is controlled and you are able to follow the above activity restrictions. Disability forms should be sent to Dr. Fischer's office.
- Please call Dr. Fischer's office or proceed to the nearest ER for severe pain, fever (temp >100.4), wound drainage or any other concerning symptoms.
- Please call Dr. Fischer's office with any questions or concerns.