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Discharge Instructions Cervical Disc Replacement

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Neurosurgery

Name: _____

Medications: Take any medications only as directed.

- Taking acetaminophen (Tylenol) is acceptable, but avoid ibuprofen (Motrin, Advil), Naproxen (Naprosyn) and Indomethacin (Indocin) for three months after surgery.
- If you experience constipation while taking a narcotic pain reliever, begin using an over-the-counter laxative right away.
- Use a muscle relaxant to prevent muscle spasms or severe muscle tightness.

Diet:

- Resume whatever diet you were on before surgery (e.g., unrestricted, diabetic, low sodium, etc.)
- You may find that softer foods or thick liquids are easier to swallow initially after surgery, but swallowing should become progressively easier.

Activity:

- Avoid lifting overhead.
- Avoid pushing/pulling and lifting over 15 lbs.
- Walking is a good exercise. Go for at least four short walks a day, even if inside your home.
- You may remove your Ted Hose stockings once you are consistently walking four times a day.
- You may drive as soon as three days after your surgery, but not if you have had any pain medication within four hours. You may ride in a car as a passenger as much as tolerated.

Wound Care:

- Call the office if you have drainage from your wound, separation of wound edges, or increased pain, redness or swelling.
- Call the office if you have an elevated temperature (101 F or greater).
- You may shower at any time, but do not soak the incision in a tub or pool for 10 days after surgery. Dry the incision by blotting, not rubbing.
- You do not need to keep a dressing on the wound.
- Leave the steri-strips on for 10 days after surgery. If their edges curl up, you may trim carefully with scissors. If they fall off early, don't worry. Re-absorbable sutures are beneath the skin edges and will continue to support the incision while it heals.

X-Rays:

- You will need to have X-rays done within a few days before your four-week follow-up appointment.
- These can be done at the hospital or at your primary doctor's office (if they have x-ray equipment).
- Please bring the x-rays with you to your follow-up appointment UNLESS they were done at Holland Hospital. (We can access their x-rays via a secure internet link).

Follow-Up: Date: _____ Time: _____ With:

- David W. Lowry, MD
- Scott M. Tuinstra, PA-C
- Adam Kremer, MD
- Jefferson Alferink, PA-C