

Post Operative Instructions: Cervical Fusion

Diet: Maintain a regular.

Medications:

You will be prescribed narcotic pain medication and possibly muscle relaxants for the posterior neck pain as needed. During the fusion process, please try to avoid any aspirin products or anti-inflammatory.

Activity and Restrictions:

1. You should not drive until you are clear by your surgeon.
Following such an operation, you may find that your reaction times are slow because of pain, generalized fatigue, stress of surgery, and prescribed pain medication. You may ride in a car and may find it more comfortable in a reclined position or in the back seat. If you are planning to take long trips, please try to take interval breaks, every 45 minutes, getting out of the car and walking short distances.
2. If prescribed a cervical collar, please use the collar for comfort, especially when riding in a car. You should wear the collar when sleeping. It can be removed for showers as long as you are keeping your head centered over the shoulders without rotating or looking up or down.
3. You may shower on day number 3 provided that the neck wound is dry and clean and there is no drainage.
4. You may take short walks inside and outside of your home.
5. You may walk up and down stairs.
6. You are to avoid work, housework, yard work, snow shoveling, lifting of more than a few pounds, overhead work or strenuous activity.
7. Avoid any exercise program or sports until you are clear by your surgeon, approximately 2-3 months.
8. If you smoke, remember that smoking impairs healing of bone and thus slows the rate of your recovery, possibly leading to poor results. Smoking cessation will not only help you heal but will improve your general health.
9. For neck and shoulder muscle spasms, use ice packs every 4 hours as needed.

Wound Care:

1. Keep the wound clean and dry.
2. We recommend keeping a dry sterile gauze on for approximately 7 days but changing it every day. The Steri-Strips that are on the wound may be removed after 1 week.
3. If you develop fevers, chills, draining from the wound or have unrelenting pain despite medication, please contact us at (585) 295-5355 or out of area (800) 724-7712.