

Patient _____



Discharge Instructions for Neck Surgery

Report to physician

1. Redness or swelling of incision
2. Chills or fever GREATER THAN 101.5 (a temperature elevation in is normal within 24-72 hours after surgery).
3. Drainage or bleeding from incision lasting greater than 5 days.
4. Excessive pain or tenderness at incision site

Wound Care

1. **YOU MAY SHOWER**, but no tub bathing for one month after surgery.
2. You may remove the clear dressing (opside) 5 days after surgery.
3. If dressing is saturated, remove and reapply gauze dressing.
4. If after dressing is removed there is some drainage, cleanse incision three times daily with hydrogen peroxide and cover with a light gauze dressing.
5. It is normal to experience numbness and some incisional pain.

Activity

1. You should wear the cervical collar during your daily activity until seen at first post-operative visit. You may remove the collar when sleeping or at rest or when eating.
2. Driving: No driving of a motor vehicle for at least two weeks post-operatively. The Dr. will specify if you are to have any further restrictions.
3. Travel: Even as a passenger you should make frequent stops and stretch and move around to avoid muscle fatigue. This is recommended every 30-45 minutes.
4. Your activity should consist of short, frequent walks; avoid excessive stair climbing (no more than 2-3 times daily).
5. No lifting over 20 pounds for at least 8 weeks, unless otherwise directed.
6. Stop any activity that causes increased back or arm pain.

Post-operative Visit

Please contact office when discharged from hospital to make an appointment for 3-4 weeks after surgery UNLESS LISTED BELOW.

Appointment date: _____ Time: _____