

Office: 865-541-2835

**ANTERIOR CERVICAL DISCECTOMY AND FUSION
POST OP INSTRUCTIONS**

After discharge if you experience any problems or complications related to your surgery that you do not consider life threatening, please call our office before going to the Emergency Room.

LIMITATIONS:

1. No driving for the first week.
2. No strenuous activities until so advised at your follow up visit. This includes lifting no more than 10 lbs., climbing ladders, riding bicycles, and activities that include pushing and pulling.
3. May travel short distances by car and walk without limitations.

WOUND CARE:

1. The incision is closed with deep sutures underneath the skin. These sutures will reabsorb into the body. Steri-strips are placed on the skin. The incision is dressed with gauze and a waterproof Tegaderm. This initial dressing should be left on for 48 hours, then may be removed. You will be given 5 additional Tegaderm dressings to be applied directly over the incision while showering. When not in the shower, leave incision uncovered. If skin irritation develops, discontinue the Tegaderm dressing and call the office. The steri-strips will peel off on their own. If they do not, you can remove them at one week post-op.
2. It is normal to have a small amount of bleeding or swelling around the incision. Change the dressing if it becomes saturated and clean the area around the steri-strips with alcohol or betadine. Call the office at any time should you develop generalized swelling of the neck on the side of the incision. Also call the office with any signs of infections such as redness or drainage with increased pain at the incision site, or a fever greater than 101.5 degrees.
3. The cervical plate and screws are Titanium. They will not interfere with metal detectors or your ability to have MRI scans in the future.

PAIN:

1. Post-op neck pain and stiffness is normal for several weeks following surgery and is usually mild. There may be transient recurrence of arm pain, particularly at night, and this is normal. You will be given a prescription for pain medication when you are discharged from the hospital.
2. You may experience some post operative constipation related to the use of anesthetic in surgery and pain medications. A stool softener is given routinely post op and should be continued as long as you are using narcotic pain medication at home. Additional measures to treat constipation which are available over the counter include:

Bisacodyl 10 mg, 1-2 tablets with a glass of water or 1 Bisacodyl suppository administered per rectum

Magnesium citrate can be taken if no relief with Bisacodyl

Fleets Enema

Notify the office if you are unable to achieve a bowel movement after using these medications.

MEDICATIONS:

Do not take any anti-inflammatory medications for 3 months following your surgery. This includes Ibuprofen, Advil, Aleve, Cataflam, Celebrex, Motrin, Naprosyn, Naproxen, Indocin, Mobic, Arthrotec, vitamin E and herbal supplements. Anti-inflammatory drugs can interfere with the fusion rate.