

## CERVICAL SPINE POST-OPERATIVE INSTRUCTIONS

***UPON DISCHARGE FROM THE HOSPITAL, PLEASE CALL OUR OFFICE FOR YOUR POST-OP APPOINTMENT.***

The following are post-operative instructions recommended by our office following your neck surgery. You need to protect your neck to allow it to heal from surgery by following these precautions:

1. Do not remove the steri-strips. These will be removed at your 2 week post op visit. Steri-strips may fall off prior to this time; this is okay. Do not pick at or peel off steri-strips.
2. No bending, lifting or twisting.
3. No driving until cleared by one of our physicians.
4. Limit your sitting to less than twenty minutes at a time for the first ten days.
5. Limit walking for the first two weeks to two miles per day.
6. Always use "logroll" to get out of bed, (see directions below).
7. Do not submerge the incision. No baths or swimming until approved. This will be at least four weeks after surgery.
8. You may shower four days after surgery with your soft collar on, if no soft collar was given to you, you may shower without a collar. Be sure to keep your neck as straight and still as possible.
9. Have any increases in your activity level approved by one of our doctors.
10. Avoid strenuous activities, repetitive coughing, etc.
11. If your collar needs readjusting you should call the orthotic company that supplied you the collar.
12. Call one of our office if any of the following should occur: fever of 101.5°F or greater; increase of pain; increase in numbness or weakness; swelling; drainage or redness around or at the incision; leg swelling.

**Please call our office immediately if you experience shortness of breath, neck swelling or increased difficulty in swallowing. Do not remove your collar at any time except to shower.**

### TURNING IN BED SAFELY-USING THE "LOGROLL"

When you move in bed, think of your body as a log from shoulders to hips. Brace the abdominal muscles to support your spine by gently pulling in the stomach. Squeeze the buttocks muscles, breathing normally. Bend the knees slightly toward the chest, roll to one side while keeping ears, shoulders and hips in line, abdominal muscles braced. To lie down, do the reverse.

### GETTING OUT OF BED SAFELY

Logroll to the side and slowly scoot to the edge of the bed. Carefully push the body up with one elbow and the opposite hand. At the same time, gently swing the legs to the floor while keeping ears, shoulders and hips in line, abdominal muscles braced. To lie down, do the reverse.

### STANDING UP OR SITTING SAFELY

**SIT:** Back up to the chair or toilet. Brace the abdominal muscles and bend at the hips while keeping the back straight. Use the leg muscles to lower yourself onto the front of the chair or toilet, then scoot back.

**STAND:** Scoot to the front of the chair. Brace the abdominal muscles, place one foot slightly in front of the other. Grasp the sides of the chair or armrests for support. Bend at the hips, use the leg muscles to push the body up. Keep ears, shoulders and hips in line.

**PLEASE CALL THE OFFICE IF YOU HAVE ANY QUESTIONS OR CONCERNS FOLLOWING YOUR SURGERY.**