

Cary Orthopaedic Spine Specialists

www.caryortho.com www.shantispinesurgery.com

Instructions for before and after surgery Posterior Cervical Fusion

Do not eat or drink after midnight the night before your surgery. You may have to stay overnight at the hospital. Please bring your cervical brace to the hospital the day of your surgery. Please take all routine medications the day of surgery unless otherwise directed by Dr. Shanti, his nurse, or hospital staff.

MEDICATIONS TO STOP PRIOR TO SURGERY:

WHEN YOU RETURN HOME

While you recover at home it is important that you protect your cervical spine as it heals. This can be best achieved by following the below instructions and contacting your nurse with any questions or concerns. Your initial activity level will be influenced by the anesthetic agent you have received. It is not uncommon to feel drowsy or tired. Rest when you need it.

Throat/Voice Expectations:

- You may experience a sore throat and/or hoarseness for a few days after surgery.
- If you have swelling in the throat, it can make swallowing uncomfortable.

Diet:

- Return to your normal diet slowly as tolerated.
- Sit up to eat all meals. Remove Brace to eat.
- Calories and protein are very important for the healing process. Restricting these is not recommended during this time.

Pain/Medications:

- Pain is expected after surgery. Pain on average may last between 2-4 weeks.
- You will have pain and possibly muscle spasms in the neck/upper back/shoulder area.
- Please take the prescribed medication that was provided for you after surgery as directed, as needed.
 - o Pain medication
 - o Muscle Relaxant is for the muscle spasms or muscle tightness you may experience.
- Pain medication can be constipating. Please try and prevent this with Colace (stool softner) or other over the counter stool softeners or laxatives that can be purchased at the pharmacy.
- If possible, after the first 2 weeks after surgery, efforts should be made to start decreasing pain medication intake.
- You may resume all other prior medications.
- Do NOT use any non-steroidal anti-inflammatory medications (NSAIDs) after surgery for a minimum of 4-6 months. These medications slow the fusion healing process.
- Examples of Medications to Stop: Ibuprofen, Advil, Aleve, Celebrex, Vioxx, Naproxen
- Acetaminophen products may be used...Examples: Tylenol, Excedrin, Aspirin.

Neck Brace:

- Remove your brace to eat and shower.
- You must wear your brace when you are up walking around, while in the car and sleeping.
- You may take breaks from wearing your brace while you are sitting.
- You are to wear your neck brace until you come to your first post op visit. At this time we will discontinue your brace (approximately 10 days).
- The purpose of your brace is to stabilize your neck to allow for superior healing and to relax your neck muscles to prevent spasms.

Incision Care/Shower:

- You will have a dry dressing (gauze & tape) over your incision when you leave the hospital.
- It is common to have drainage from your incision site. You may need to change your dressing once per day to keep it dry and clean- Gauze & Tape.
- You will have either staples or exterior stitches. We will remove them at your first post op visit.
 - o Please keep incision covered for 5 days.
- **You may take a shower 5 days after surgery.** Allow soapy water to fall over incision. No scrubbing.
- After your shower you do not have to keep your incision covered unless it is leaking/ has drainage.
- Your incision may also be covered with steri-strips. These will fall off.
- **DO NOT** use any creams, oils, lotions or medications on incision until approved by Dr. Shanti.

Sleeping:

- You must sleep in your neck brace. You may sleep on your back or your side. Place pillow between knees if you're on your side to sleep.
- To reduce swelling in your throat, do not lay flat.
- You may sleep in a recliner, with your brace on, if that is more comfortable.

Activity:

- We encourage you to walk! It will help the healing process by moving your blood in your body and will increase/maintain muscle strength. With this said, take it slow. Walk as tolerated.
- No dog walking until approved by Dr. Shanti or his clinical staff.
- No pools, bath tubs, Jacuzzis, Etc. until approved by Dr. Shanti or his clinical staff.
- No driving until after first post op visit.
- No lifting more than 20 pounds and no lifting more than 10 pounds overhead.
- Practice good posture when you walk and sit. This helps reduce stress on your neck.

Work:

- Most patients may return to work by their first post op appointment. This is dependent upon your job requirements. Please discuss this with Dr. Shanti.
- Work notes will be provided as needed. You may request a work note at your appointment or call the nurse as work allowances increase and notes may need to be adapted.

Follow-Up Appointments:

- Your first follow up appointment will be scheduled about 10 days after surgery. Healing is gradual and you will follow up over the next year.
- Physical Therapy will begin after your first post op appointment.

Call your nurse if you have any of the following:

1. Fever
2. Redness or discharge at incision (changing dressing more than once per day)
3. Difficulty swallowing
4. New neck or Arm pain/numbness
5. If you have difficulty breathing because of throat tightness

Call 911: If you are unable to swallow water or any thin liquid.

If you cannot breathe or talk.

Please call your nurse with any questions or concerns. The nurse is available Monday-Friday 8am-5pm. If you need immediate/emergent help after hours please go to your local emergency department.

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