



Inland Neurosurgery Institute

BRAIN, SPINAL, STEREOTACTIC, AND MICRONEUROLOGICAL SURGERY

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Diplomate American Board of Neurological Surgery

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Eligible, American Board of Neurological Surgery

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Discharge Instructions – Anterior Cervical Discectomy and Fusion (ACDF)

General:

- Take the pain meds given you by your physician only as needed.
- Don't drive while on narcotic pain meds *or* muscle relaxants
- Do not have any dental/surgical procedures 2 weeks before & 2 months after your surgery
- Take stool softeners, lots of fluids, high fiber foods, and fruits/vegetables to prevent constipation.
- Stay mobile by walking (up to 30 minutes at a time)
- **AVOID:**
 - o **“BLT”:** Bending, Lifting more than 10-15 pounds, and Twisting
 - o Excessive activity for the first month after surgery
 - o Sleeping face down for the first 4 weeks after surgery
- Follow-up with your surgeon as indicated in your surgery packet.

Wound care:

- Keep wound dry for 2 days
- Shower after 2 days but do not take baths or swim
- After showers, dab wound dry
- Do not scratch wound

Notify surgeon:

- If your oral temperature is above 101 F
- If wound is leaking, red, or increasingly swollen
- If headaches worsen, you develop new weakness, or cannot urinate