



Desert Spine Institute  
2281 W 24th St  
Suite 15  
Yuma, AZ 85364

## CERVICAL DISCHARGE

### INSTRUCTIONS

#### YOUR COLLAR

- You will be given a cervical collar to wear postoperatively.
- You should wear the collar at all times except for showers until being seen for your first postop visit.
- Length of collar wear will vary based on your specific surgery.



#### SHOWERING

- You may shower once your incisions have been completely dry and without drainage for two days. Hair washing is permissible while in the shower. No baths or hot tubs until seen in the office.



#### EXERCISE

- You have unlimited walking and stair climbing privileges.
- Do NOT lift anything weighing greater than 10-15lbs for the first 6 weeks after surgery.

#### INCISION

- Please make sure your incisions are checked regularly for signs and symptoms of infection.
- If you notice drainage, redness, fevers, or flu-like symptoms, please call the office.



#### SLEEPING

- You may sleep in any position which makes you comfortable as long as your collar is securely in place.
- Many patients find it comfort to sleep in a recliner chair. It is normal to have difficulty sleeping for the first several weeks following your surgery.



#### EATING

- It is normal to have a sore throat and some difficulty swallowing solid foods. This generally improves over the following few weeks. Eating soft foods like yogurt, macaroni, and mashed potatoes may help.
- Watch for constipation which can occur due to narcotics and decreased activities. Fluids are encouraged.



#### PAIN MEDICATION

- Do NOT take anti-inflammatory medication (Advil, Aleve, Motrin) for the first 6 weeks following your surgery. If you need medication, take what you are prescribed or Tylenol.
- Resume your regular medications (blood pressure, etc. ...) unless told not to.



#### DRIVING

- You may be a passenger for short distances (20-30 minutes). If you must take a longer trip, make sure to make several stops so that you can walk around and stretch your legs.
- Reclining the passenger seat seems to be the most comfortable position for most patients.
- You should not drive yourself until your collar has been discontinued and you can see around safely.



#### FOLLOW-UP APPOINTMENTS

- Your follow up appointment is generally about 2-4 weeks from your surgery date.
- Call at any time if you have any questions or concerns.

