

Neurosurgery Discharge Instructions – Cervical (Neck)

Diet:

- You do not have any restrictions following this surgery, although you may find it more comfortable to eating soft foods such as pudding, ice cream, and soups for the first few days.

Activity:

- Walking is encouraged and you may participate as much as you would like.
- Do not exercise other than walking until after your follow up appointment.
- Avoid twisting, turning, stopping, bending or reaching over your head for six weeks.
- Avoid exercises like aerobics, heavy house cleaning and lifting over 5-10 pounds (a gallon of milk weighs 8.5 pounds).
- Do not drive if you are taking pain medications, muscle relaxants, or if you are in pain.
- You may resume sexual activity when this is comfortable for you.
- You can return to work when you feel ready. However, you must stay within the 5-10 pound weight lifting restriction – half days might be better at first.

Wound Care:

- You may shower after surgery but will need to cover your incision to prevent from getting wet. Do not soak the incision in a bathtub or pool for 4 weeks.
- You may have stitches that are under the skin, these do not need to be removed. There will be a small amount of surgical glue on the incision. You may peel off the leftover glue after 1 week if it is still attached.
- You may remove the dressing the day following surgery. If there is still a small amount of bloody drainage, you can place a new sterile gauze dressing, otherwise it is recommended that you leave the wound open to air
- Do not put any ointments, creams, or lotions on the incision unless otherwise instructed.

Medication:

- Take all of your medications as prescribed. You **DO NOT** have to take pain medication unless it is needed.
- Do not use alcohol while taking pain medication.
- An over the counter stool softener for constipation is encouraged (try Dulcolax, Milk of Magnesia or Correctol at first and Magnesium Citrate or Fleets enema if needed) – anesthesia and pain medication may cause constipation.
- You may use throat sprays or drops such as Cepacol for throat discomfort

Questions/Concerns:

Call the office (405-628-6808) for any of the following:

- a temperature of 101°F or above
- increased redness, soreness, swelling or foul-smelling drainage
- inadequate pain relief
- nausea or vomiting
- shortness of breath
- severe difficulty swallowing liquids
- pain in your calf
- any other concerns

* It is your responsibility to call our office and schedule your follow up visit. You will need to be seen 4 weeks following surgery, **UNLESS** you have stitches outside of the skin, then call for an earlier appointment.

*Remember we do not fill/refill any medication in between your office visits. It is your responsibility to take the medication as prescribed.