



NEUROLOGICAL SURGERY & SPINE SURGERY, S.C.

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Discharge Instructions

Anterior Cervical Discectomy and Fusion

Activity:

1. If you were given a Miami-J collar, wear the collar at ALL times (the white collar with the dark blue padding,) except in the shower as instructed below.
2. You may walk and use stairs as tolerated. You do not need to stay at home.
3. Avoid strenuous activities, such as bending, lifting and twisting. Lift no more than 5-10 pounds for 2 weeks.
4. Try to avoid driving for three weeks.
5. You may shower beginning the second day after surgery. Use the second collar for showers, and keep the Miami-J collar dry
6. You may have sex if you are the passive partner for 3 weeks.
7. You may resume your usual diet.
8. If you are a smoker, do NOT smoke or be around anyone who is smoking. Smoking interferes with the healing of the bone in your neck.

Medications:

1. Take the pain medication you have been prescribed as needed. If you do not need strong pain medication, you may take plain Tylenol or Extra strength Tylenol only. Do NOT take any pain medications such as Advil, Motrin, Aleve, Naprosyn etc. These interfere with the healing of the bone in the neck.
2. If you were given a muscle relaxant, such as Robaxin or methocarbamol, take one tablet 3 times a day.
3. If you are constipated, use milk of magnesia as directed on the bottle.

Follow-up care:

1. Call the doctor's office for an appointment (708) 343-3566). You will need to be seen 2 weeks after surgery unless instructed otherwise.
2. Call the doctor if you get any of the following:
 - Severe pain
 - Fever
 - Difficulty swallowing or breathing
 - Bleeding from the surgical site
 - Swelling, redness or any drainage from the surgical site.
3. You may call for any other questions or concerns as needed. However, if you only need your medication refilled, call during our normal office hours to get them refilled (7:00a.m.- 3:30p.m.), Monday – Friday.