



# Specialists in Spine Surgery

2300 Haggerty Rd., Ste. 2100 • W. Bloomfield, MI 48323

Miles L. Singer, DO, FACOS, FAOAO  
Stanley S. Lee, MD

West Bloomfield  
Southfield • Ann Arbor

Office: 248.926.1960  
Fax: 248.926.1970  
www.spinedocs.info

## CERVICAL SURGERY DISCHARGE INSTRUCTIONS

### INCISION CARE

The stitches are under the skin if your incision is on the front of the neck. The outer dressing may be removed the second day after surgery. Keep a dressing on the incision if it has drainage. Any and all tape strips on your incision should be removed by the fifth day after surgery. Take them off if they do not fall off. You may shower but **DO NOT SUBMERSE INCISION**. It is normal for the incision to be sore. It may have numbness. If there is drainage, cleanse the incision site three times daily with peroxide and cover it with a light gauze dressing. Keep it clean especially if it is draining. You do not have to report drainage which is decreasing daily. If the incision is on the back of the neck and you have external stitches, you will need to see the doctor 10 days after surgery to have the stitches removed.

### MEDICATIONS

You should fill your prescriptions and take pain medications as needed at least the first five days after surgery. Do not wait to treat your pain until it is severe. If you are taking too much pain medicine, you will be sleeping a great deal and will be groggy. Do not take more pain medicine than prescribed. You may develop constipation when you take pain medications. If you do develop constipation, treat it with over-the-counter stool softeners or laxatives. Do not drink alcohol with pain medications.

### ACTIVITY

You should be out of bed frequently. You may walk as far as tolerated. Use extra caution when climbing or coming down stairs. You should be doing deep breathing exercises five times a day for two weeks. Sleep in a position which makes you comfortable. You may have a sore throat and some difficulty swallowing after surgery. There may also be a sensation of fullness in the throat/neck. This may persist for several weeks but should improve weekly. You may need to tilt your head forward (tuck your chin toward your chest) to help with swallowing. Soft foods, which are easy to swallow, are recommended at first.

For the first 4 weeks  
after surgery:

1. Do not lift anything weighing greater than 10-15 pounds.
2. No repetitive lifting allowed.
3. No lifting, reaching, or working on anything above your head.
4. No pushing, pulling, or twisting activities.
5. No vacuuming or lawn mowing.

You should not drive a car for at least 2 weeks after surgery. You may be a passenger in a car for short distances. If you must travel, stop frequently and walk around every 45-60 minutes. If you are required to wear a cervical collar, wear it as directed. Call the office for an appointment 8-15 days after your surgery **(248) 926- 1960**