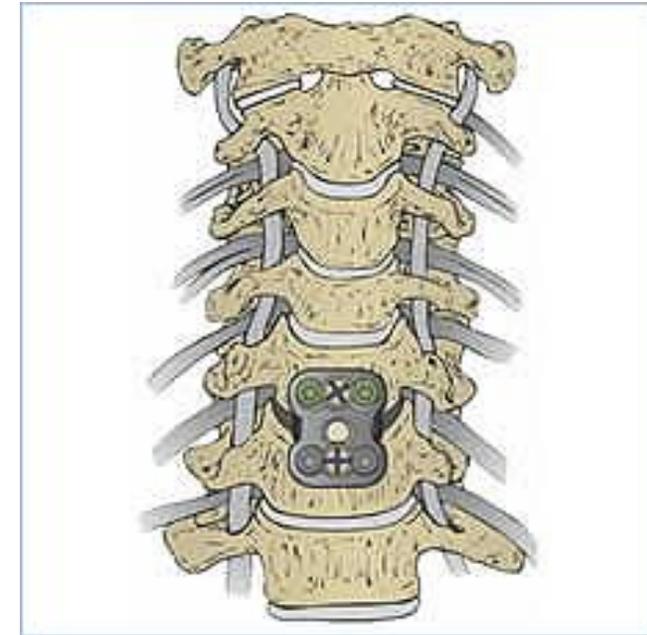


# Discharge Instructions

## Reasons to Call the Office

# Anterior Cervical Fusion



- Fever greater than 101 F
- If you have increased swelling or redness at incision
- If you have drainage at your incision
- If you develop chest pain, or shortness of breath
- If you have calf pain/leg pain or swelling
- Increased pain not relieved with medications

**Please have your pharmacy fax our office at 972-535-2180 for all medication refills.**

Jeffrey F.  **Attorini, MD, PA**  
Neurosurgery

5425 W. Spring Creek Pkwy., Suite 133  
Plano, TX 75024  
972-535-2170

Jeffrey F.  **Attorini, MD, PA**  
Neurosurgery

- *No lifting greater than 10 pounds*
- *No driving for 2 weeks after surgery*
- *You must wear your cervical collar at all times. This includes sleeping. You will be given a collar to wear in the shower in addition to your cervical collar.*
- *You will wear your bone growth stimulator **30 mins. per day** for at least 90 days*
- *Avoid all anti-inflammatories for 6 months*
- *Take your muscle relaxant medication whether you feel you need it or not*
- *You will be given narcotic pain medication for severe pain. You may take Tylenol for minor pain.*
- *You must keep your sutures dry. Do not immerse your sutures in water or get them wet. You will be given Aquaguards upon discharge for showering purposes.*
- *You may clean your incision site with hydrogen peroxide.*
- *You may leave your incision open to air without a bandage or dressing. You must keep your steri-strips in place.*
- *You will follow up in 5-7 days after surgery for suture removal.*
- *You will begin to wean out of your cervical collar in 4-8 weeks, depending on the number of levels fused: 1 level = 4 weeks, 2 levels = 6 weeks, 3 or more levels = 8 weeks*
- *You will not start physical therapy until after your cervical collar is weaned off.*

## Surgery Can Help

*Cervical fusion is performed to immobilize two or more adjacent vertebrae in the neck. It may be performed to relieve neck and arm pain, or prevent worsening of paralysis in the case of spinal cord compression.*

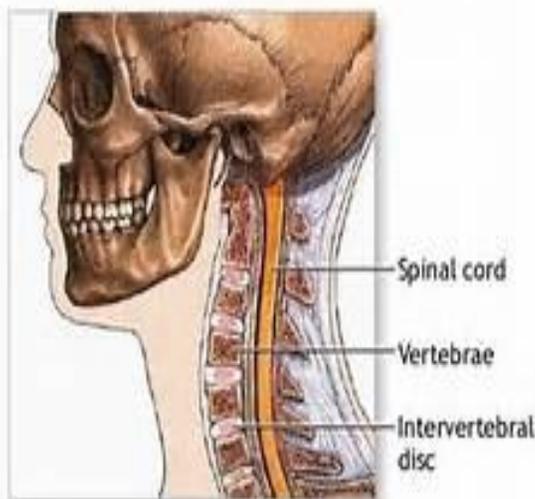
## Stop Smoking

*If you smoke, your bones may not fuse. At least 3-4 weeks before surgery, stop smoking or cut down as much as you can.*

## Stop Anti-inflammatory

*Stop Aspirin or Anti-inflammatory medications (NSAIDs). They can make you bleed more during surgery. They may also keep your bones from fusing. You should remain off anti-inflammatory medication for 6 months after your surgery.*

# Cervical Fusion



Fusion refers to the growth of new bone between two or more adjacent vertebral bodies. Graft materials help to stimulate and promote this growth, acting as scaffolding across the disc space from one vertebral body to the next, thereby fusing the two vertebrae and immobilizing the spine at that segment. Surgical hardware is then placed to help immobilize the segments while the bone is fusing which can take up to a year to occur

## Postoperative Care

Patients are generally discharged home or to rehab 1 to 3 days following surgery. The pain in the neck is typically significantly improved, although the patient may experience pain around the incision and/or, at times, spasm of the neck muscles. Medications will be given for this. This should improve within a few weeks after surgery. You must wear your collar as instructed. When you are discharged home, call the office to let us know so that we may order your bone growth stimulator. **You must bring your bone growth stimulator to every follow-up visit.**

