

Dani Bidros, MD
West Houston Brain and Spine
2222 Greenhouse Road, Suite 1100A
Houston, TX 77084
(281) 529-6626

POST OPERATIVE CERVICAL SURGERY INSTRUCTIONS

The following instructions are general guidelines and details may vary from patient to patient. If you have any questions not covered in these instructions or in your discussions with me and/or my office staff, please call my office to discuss further.

Wound Care

Keep your incision clean and dry. Clean the incision daily with anti-bacterial soap during regular shower. If there is any drainage noted on the bandage, replace it with a clean bandage. After the second post op day, it is recommended to remove bandage and leave incision open to air. Do not put any ointment on incision.

Drainage of clear or slightly yellowish fluid may occur in small amounts. This is not unusual. If drainage increases or if the wound becomes very painful, reddened, or drains pus, you should contact my office immediately. After hours and on weekends, when I may not be available, another neurosurgeon is available at all times.

Report any temperature over 101 degrees F.

Report any difficulty urinating or constipation problems.

You should shower daily, but should not soak in the bathtub for 14 days. After you shower, pat the incision dry and put a new bandage on. After 2 days you do not need to apply any more bandages.

If you were given a soft cervical collar on discharge, it should be worn for comfort and at all times while riding in the car for 7 days. Follow my instructions regarding any hard cervical collar or brace.

Medication

Take your pain medication only as ordered. Refrain from combining medications with alcoholic beverages. If you have had a fusion, avoid using anti-inflammatory drugs and avoid smoking until fusion has healed, this is usually around three months. Examples of anti-inflammatory drugs include but are not limited to: Ibuprofen, Aleve, Advil, Motrin, Naproxen, Mobic, Celebrex, Indocin. You may continue daily aspirin if prescribed for prevention of heart attack or stroke.

Appointment

You should have been given an appointment to return to the office at the time of discharge from the hospital. Please contact our office upon the first working day after your discharge from the hospital if you were not given a return appointment.

Avoid

Riding in a car for two weeks unless absolutely necessary i.e. riding to a physician's appointment.

Driving for two to three weeks or until you can move your neck freely and comfortably so as to make driving safe.

Sitting for over one hour as this may cause discomfort.

Housekeeping duties for six weeks. Very light activity is reasonable after two weeks, if tolerated.

Sexual activity for at least one week. Thereafter, gentle activity according to tolerance.

Advised

Walking as much as you like, according to comfort. You should walk at least every 2 hours during the day.

Progressive neck movement and exercises are encouraged according to comfort. This is prohibited if you have had a fusion and are in a hard collar.

Keep compression stockings on until you are walking around regularly throughout the day.

Please note

Expect some numbness, tingling and/or pain in your arms, between shoulder blades and/or incision area from time to time for several months, as this is common during healing.