Cervical Spine Surgery
Discharge Instructions

General
• It is normal to feel tired, weak, and sore around the incision after surgery.
• Pain, tingling or numbness in the neck or arms should improve gradually as the nerves heal. This may take weeks to months.
• Use good posture and proper body mechanics as you gradually resume light activities.
• Listen to your body! If it hurts, you are most likely doing too much!

Precautions
• Do not stretch out you neck if you had fusion surgery.
• Do not lift anything heavy then your cell phone.
• Do not start any strengthening or stretching exercises until Dr. Cho clears you.
• If you were given a neck brace, wear it when out of bed or out of the home.
• Walking is good exercise. But if it hurts, you may be doing too much and you need to slow down.

Things to watch out for
• Constant or severe pain that is not relieved by pain medications.
• Increasing numbness or weakness.
• Redness, warmth, drainage, odor, swelling, or pus from the incision.
• Fever greater than 101.0 F.
• Moderate to severe headache, especially when you are sitting or standing.
• Loss of bowel or bladder control.
• Pain, swelling, or warmth in the legs.
• Chest pain, shortness of breath, or rapid/irregular heartbeat.
If you experience any of the above call Dr. Cho immediately!

Post-operative activities
• If your bandages have been dry, you may shower 72-hours after surgery.
• Keep the incision dry.
• Leave bandages in place. If they get dirty or wet call the office.
• No baths or swimming.
• No driving until Dr. Cho clears you.
• Avoid sitting or standing for longer than 1 hour at a time.
• Follow precautions.
• Take the pain medications prescribed.
• Do not take any others pain medication unless you have discussed this with Dr. Cho specifically.
• Do not take any blood thinners or anti-inflammatories (NSAIDs) unless directed.

Follow Up Appointment:
• Please call to make your follow-up appointment for 10-14 days after discharge from the hospital at (877) MD-ORTHO (877-636-7846).
If you were