

What to Expect after Your Cervical Disc Replacement

Things to Remember:

- Patients often find comfort and support by wearing the cervical collar 3-4 weeks post-op.

Pain

- When you go home, narcotic pain medicine may be prescribed for you. Your pain will improve over time and you will need to decrease the amount of pain pills you take.. All pain medications should be taken with food and at least 8 ounces of water.
- Medication taken for pain may impede your ability to drive safely.
- Alcohol should not be used while taking medication.
- Your sore or hoarse throat will go away over time. Each person varies, but it may take weeks for it to feel normal. Eat soft foods and chew your food well.

Wound Care

- If you have dissolvable sutures, you will need to make your post-op appointment for six weeks after surgery.
- Be sure to keep the incision dry and covered.
- Dermabond is a skin adhesive often used over the incision. It works like glue. Do not pick, scratch or peel at the glue.
- Do not soak or scrub your incision. Avoid showering for 3-5 days. When you resume showering keep incision covered and replace bandage after shower.
- Steri-Strips are small pieces of paper tape made to peel and fall off as the incision heals. It may take one to two weeks for all of the Steri-Strips to fall off. If the Steri-Strips have not fallen off after 2 weeks it is OK to peel them off.

Call Your Doctor if You Notice Any Signs of Infection.

- Increased redness, swelling, or any drainage
- Fever greater than 102 degrees.

Work

You may be off work for 2-8 weeks. This depends upon the nature of the work you do.

If You Have Any Questions Please Call:

The Spine Institute at 970-669-8881 or if you live out of the area, please call 1-800-795-5487 with any questions. After hours, these numbers will connect you with the answering service who can page a doctor if necessary.