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FREQUENTLY ASKED QUESTIONS

Cervical/Neck Surgery

Q. How long will I be in the hospital?

A. This procedure is done as outpatient with a one night stay.

Q. How long does the procedure take?

A. Depends on the amount of levels being done 2 ½ to 4 hours usually.

Q. How long will I have to wear the brace?

A. Usually 6-8 weeks. 24/7.

Q. How long will I be off work?

A. Usually 6-8 weeks also depending on the type of job you have.

Q. When can I drive?

A. The first week we do not want you in the car except for doctors appointments/emergencies. Usually we let you drive by the 3rd week.

Q. Can I bathe/shower?

A. Yes, most surgeries are done from the front, so we recommend you shower from the back of head down.

Q. What will my restrictions be after surgery?

A. No overhead work, lifting, stooping, shooting shotguns, golf, and Bowling.

- Q. What physical therapy will I need after surgery?**
A. Walking is the only therapy that is recommended.
- Q. Can I take my collar off?**
A. No, except to waterproof the dressing before a shower, or to Change a dressing after a shower.
- Q. What should I use to waterproof my dressing before showering?**
A. Use saran wrap or plastic wrap with tape and put you collar
- Q. Is it better to take a bath or shower?**
A. It is always better to bathe, not to mention easier to keep the Wound dry.
- Q. Can I turn my head side to side?**
A. No, turn your whole body instead of your head.
- Q. What are some signs that I need to contact the doctor's office?**
A.
- 1. Any increase in temperature that is greater than 101.5**
 - 2. Any excessive, odorous, discolored drainage from the incision On your neck.**
 - 3. Any large bruising or swelling that will not go away.**
 - 4. Any numbness, tingling, or pain that cannot be relieved by pain medications.**

PLEASE REMEMBER THAT YOU WILL HAVE A ONE WEEK POST OPERATIVE APPOINTMENT TO SEE THE NURSE IN THE OFFICE. AT THE TIME OF YOUR ONE WEEK POST OPERATIVE APPOINTMENT, YOU WILL BE GIVEN FURTHER INSTRUCTIONS ON TAKING CARE OF YOUR INCISION, STRETCHING EXCERCISES, THERAPY TREATMENTS, ETC...

If you have any further questions about anything, or have something that you are not sure about, Do Not Hesitate to call the office.