You will need to give your body time to heal. Following are some instructions that are to be followed to improve your health.

**Exercises**
- Perform static neck and back exercises
- Perform active joint range of motion exercise for upper limb (shoulder, elbow, wrist and hand)
- Perform light neck movements (with collar for 6 weeks)
- Go for a regular walking at least 2 times a day

**Wound Care**
- Keep your incision clean and dry
- Monitor your incisions for any significant swelling, redness or drainage
- Apply ice for 15-20 minutes, 2 to 3 times a day, if you experience pain at the back of your neck. Use a ready-made ice pack or put ice in a plastic bag then wrap the ice pack or bag in a towel before you use it

**Posture**
- Turn to one side while getting up from bed
- Maintain an erect posture while sitting or working on the computer

**General instructions**
- For the first 6 weeks, you must always wear your soft collar, except when you shower or sleep
- After 6 weeks, use the collar while travelling
- Can take showers 48 hours after stitch removal
- Do not drive for the first 2 months
- Do not lift anything weighing more than 5kgs for the first six weeks
- Do not return to work immediately, you can return to work after 1 month but limit travelling and sitting at a stretch for long hours
- Consult your doctor for queries related to sexual activities

Follow-up with the Neuro Rehab Out Patient Department after a month.

**When to contact your doctor**
Call your doctor if you experience:
- Fever
- Severe pain in the neck or arms
- Trouble controlling your bowels or bladder
- Swelling, redness or warmth over the incision site
- Numbness, tingling or weakness in legs or feet
- Stiffness of limbs / involuntary movement in previously paralyzed limb