



DISCHARGE INSTRUCTIONS FOR PATIENTS AFTER CERVICAL SPINE SURGERY

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