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ANTERIOR CERVICAL DISCECTOMY AND FUSION DISCHARGE INSTRUCTIONS

Once you have completed your surgery you should be well on your way toward the resolution of your pain. Please read the following instructions and follow them to increase the changes that your final results from surgery will be excellent.

1. *No driving for two weeks: ride in a car only to come to the doctor's office. Someone else should drive. (Absolutely NO driving while in hard collar).*
2. *No sex for two weeks.*
3. *Walking is good exercise for neck patients and is encouraged after surgery. Do NOT overdo it! You may go outside and walk 2-3 times per day. Remember anything that aggravates pain should be avoided.*
4. *NO lifting more than a gallon of milk (8 pounds) for the next 4 weeks.*
5. *Cervical collar must be worn at all times (except in the shower).*
6. *You may remove dressings and shower three days after surgery. Please leave small tapes strips in place.*
7. *If you need a refill of your pain medicine call the office between 8:30 AM to 4:30 PM. The office telephone number is 219-836-1060. Pain medicine will not be refilled after hours. Some pain medicines have to be written by the doctor and the prescription picked up instead of being called into the pharmacy. Do not wait until you are out of pain medicine to contact the office.*
8. *Sleep in a recliner for two nights after surgery or longer if you are having much swelling or difficulty.*
9. *Call the office at 219-836-1060 or 219-365-0808 to schedule your post-op office appointment for two weeks after surgery*
10. *If any questions or problems, call the office at 219-836-1060. If you have an emergency and it is after hours, Dr. McComis may be paged at 219-685-0199*