

Neurosurgery Discharge Instructions

Cervical (Neck)

Diet:

- You do not have any restrictions following this surgery, although you may find it more comfortable to eating soft foods such as pudding, ice cream, and soups for the first few days.

Activity:

- Walking is encouraged and you may participate as much as you would like.
- Do **not** exercise other than walking until after your follow up appointment.
- Avoid twisting, turning, stopping, or bending
- **Avoid** exercises like aerobics, heavy house cleaning and lifting over 5-10 pounds (a gallon of milk weighs 8.5 pounds).
- Do **not** drive if you are taking pain medications, muscle relaxants, or if you are in pain.
- You **may** resume sexual activity when this is comfortable for you.
- You can return to work when you feel ready. However, you must stay within the 5-10 pound weight lifting restriction – half days might be better at first.

Wound Care:

- You **may** shower after surgery but will need to cover your incision to prevent from getting wet.
- Do **not** soak the incision in a bathtub or pool for 4 weeks.
- You **may** remove the dressing the day following surgery. If there is still a small amount of bloody drainage, you can place a new sterile gauze dressing, otherwise it is recommended that you leave the wound open to air.
- You may have stitches that are under the skin. These do not need to be removed, they will be absorbed by the body. There may be a small amount of surgical glue on the incision. You may peel off the leftover glue after 1 week if it is still attached.
- Do **not** put any ointments, creams, or lotions on the incision unless otherwise instructed.

Medication:

- Take all of your medications as prescribed. You **DO NOT** have to take pain medication unless it is needed.
- Do **not** use alcohol while taking pain medication.
- An over the counter stool softener for constipation is encouraged (try Dulcolax, Milk of Magnesia or Correctol at first and Magnesium Citrate or Fleets enema if needed) – anesthesia and pain medication may cause constipation.
- You may use throat sprays or drops such as Cepacol for throat discomfort

Common Issues

- Expect soreness of the wound.
- Your pain/numbness/discomfort may not be completely gone immediately after surgery. This is expected
- You may have occasional symptoms as severe as you did before surgery. If so do not be alarmed, it should subside as time goes on.
- Have reasonable expectations; for relief and being able to resume normal activity.

Questions/Concerns:

Call the office (405.757.2430) for any of the following:

- Fever with temperature of 101°F or above
- increased redness, soreness of the wound
- swelling or drainage from the wound
- inadequate pain relief
- nausea or vomiting
- shortness of breath
- difficulty swallowing liquids
- pain in your calf
- **any other concerns**

* It is your responsibility to call our office and schedule your follow up visit. You will need to be seen 4 weeks following surgery, **UNLESS** you have stitches outside of the skin, then call for an earlier appointment.

*Remember we do not fill/refill any medication in between your office visits. It is your responsibility to take the medication as prescribed.