



Inland Neurosurgery Institute

BRAIN, SPINAL, STEREOTACTIC, AND MICRONEUROLOGICAL SURGERY

255 East Bonita Ave., Building #9, Pomona, CA. 91767

1015 North First Ave, Arcadia, CA 91006

Ph: (909) 450-0369

Fax: (909) 450-0366

INIsurgeons.com

Scott C. Lederhaus, M.D.

Diplomate American Board of Neurological Surgery

Lew B. Disney, M.D., Ph.D.

Fellow Royal College of Surgeons

Jose L. Rodriguez, M.D.

Diplomate American Board of Neurological Surgery

Ramin AmirNovin, M.D.

Diplomate American Board of Neurological Surgery

Discharge Instructions: **Posterior Cervical Spine Surgery With Fusion**

General:

- Take the pain meds given you by your physician only as needed.
- Don't drive while on narcotic pain meds *or* muscle relaxants
- Do not have any dental/surgical procedures 2 weeks before & 2 months after your surgery
- Take stool softeners, lots of fluids, high fiber foods, and fruits/vegetables to prevent constipation.
- Stay mobile by walking (up to 30 minutes at a time)
- AVOID:
 - o **"BLT": Bending, Lifting more than 10-15 pounds, and Twisting**
 - o Excessive activity for the first month after surgery
 - o Sitting for more than 30-60 min at a time. Walking/lying down in between sitting periods can be helpful for your back pain.
- Follow-up with your surgeon as indicated in your surgery packet.

Wound care:

- Keep wound dry for 5 days
- If your wound has a dressing, remove it 2 days after surgery (leave any glue and sutures in place)
- Shower after 5 days but do not take baths or swim
- After showers, dab wound dry
- Do not scratch wound

Notify surgeon:

- If your oral temperature is above 101 F
- If wound is leaking, red, or increasingly swollen
- If headaches worsen, you develop new weakness, or cannot urinate