

## **Discharge Instructions**

### **Disc replacement or arthroplasty**

#### **Activity:**

1. You may walk and use stairs as tolerated. We encourage walking postoperatively to decrease pain and the chances of blood clots in the legs especially in the first two weeks. You do not need to stay at home.
2. Wear your cervical collar all the time even when asleep for the first two weeks or until instructed in your first post-op visit.
3. Try to avoid driving until seen for the first post-op visit.
4. You may shower beginning the second day after surgery. You may let the water run down on the surgical site. You may take the cervical collar off for a short period to wash your neck but it should be immediately placed back on afterwards.
5. You may have sex after the cervical collar comes off no sooner than two weeks after the surgery.
6. You may resume your usual diet.
7. Avoid strenuous activities. Lift no more than 10 pounds for the first 4 weeks.

#### **Medications:**

1. Take the pain medication you have been prescribed as needed. If you do not need strong pain medication, you may just take Tylenol.
2. If you were given a muscle relaxant, such as Robaxin or methocarbamol, take this medication at night.
3. Do not resume blood thinners until seen for your first post-op visit or in the first 10 days after the surgery.
4. If you are not allergic to Aleve or other anti-inflammatories, take Aleve twice daily for two weeks after the surgery. Aleve helps to minimize the chances of unwanted fusion at your surgical site,
5. If you are constipated, use milk of magnesia as directed on the bottle or other stool softeners.

#### **Follow-up care:**

1. Call the doctor's office for an appointment (708.765.3999). You will need to be seen around 10 days after the surgery unless instructed otherwise.
2. Call the doctor if you get any of the following:
  - Severe pain
  - Fever
  - Bleeding from the surgical site
  - Difficulty swallowing or breathing
  - Swelling, redness or any drainage from the surgical site.
  - Weakness or numbness not present before the surgery
  - Bowel or bladder incontinence
3. You may call for any other questions or concerns as needed. However, if you only need your medication refilled, call during our normal office hours to get them refilled (7:00 a.m.- 4:00 p.m.), Monday – Friday.