

Mulholland

BRAIN



SPINE

Post Cervical Spine Surgery

These instructions are provided as a guide to help aid you in recovery. Please follow these and any additional instructions provided to you by Dr. Mulholland or Kylie Smith, PA-C.

Restrictions for the first 2 weeks or until follow-up:

- Do not lift or carry anything heavier than 5 pounds.
- Do not drive yourself for the first 2 weeks following surgery.
- Avoid all strenuous activity.

What you should do:

- Please refer to the Medical Memory post-op spine video that you were sent prior to surgery for instructions.
- You should take ~6 short walks per day for the first 2 weeks. Gradually increase your walking as tolerated.
- Make an appointment with Dr. Mulholland as instructed at the time of discharge. This is usually 2 weeks after surgery.
- If you were instructed to wear a cervical collar, wear it at all times- except when showering, shaving, eating, or at rest. You must wear your cervical collar while driving or as a passenger.
- Use your medications as prescribed.
- Maintain your regular diet.

If you experience constipation due to prescribed pain medication, you should try an over-the-counter medication such as MiraLAX. If you continue to have difficulties with constipation call our office.

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What you should not do:

- Do not drive or consume alcoholic beverages while taking pain medication
- Incision care:
- You may shower 24 hours after surgery.
- It is ok for soap and water to fall on the incision but do not scrub the incision.
- You do not need to wear a bandage if you were not sent home with a bandage. Keep incision dry.
- If you were sent home with a bandage that is gray, the bandage can come off 7 days after surgery. It is okay to wet the gray bandage.
- Do not use creams or ointments on or around the incision.

When to call your physician:

- If you experience redness, swelling or drainage at the site of the incision.
- If you experience pain and/or swelling in your lower extremities or calf area.
- If you have a fever (temp greater than 100.4oF) or chills that persists for more than 24 hours.
- If pain is not controlled with analgesic medication.

If you have any questions or concerns prior to your follow-up appointment, please call the office and speak with Heather or Kylie Smith, PA-C.

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