

James J. Lynch, MD, FRCSI

Neurological Surgeon
Fellowship-Trained Spine Surgeon

**Lali Sekhon, MD, PhD,
FRACS, FACS**

Neurological Surgeon
Fellowship-Trained Spine Surgeon

Denis G. Patterson, DO

Physical Medicine & Rehabilitation
Fellowship-Trained in Interventional
Pain Management

Joseph L. Olivarez, PA-C

Physician Assistant

Josh Pfeifle, PA-C

Physician Assistant

Kristen Connolly, PT, DPT

Physical Therapist

75 Pringle Way
Suite 605
Reno, NV 89502
P 775.348.8800
F 775.348.8818

2385 E. Prater Way, Suite 204
Sparks, NV 89434
P 775.348.8800
F 775.348.8818

2874 N. Carson, Suite 200
Carson City, NV 89706
P 775.348.8800
F 775.348.8818

POSTOP CARE AFTER - ANTERIOR CERVICAL FUSION

WOUND

- There are typically dissolving sutures in the neck and no removal is required. Any paper tapes on the wound will fall off in the shower
- You can shower but keep the neck dry (i.e. not soaking) and do not swim for at least 3 months, or take a bath for 6 weeks after surgery
- Do not put any creams on the wound
- For the first week after surgery, after every shower, pat the wound dry

COLLAR

- You may be placed in a cervical collar for 6 weeks. It can be taken off for showering and eating

EXERCISES

- The best exercise is walking. Small amounts frequently are best. Follow the guidelines given to you by the physical therapist in hospital

POSTURE

- Avoid sitting for over an hour without taking a break
- Keep mobile- change positions frequently
- Do not lift more than 2kg (5 lb) for the first 6 weeks after surgery. Avoid bending.

DRIVING

- It is illegal to drive with a cervical collar

RETURN TO WORK

- It is best you take 4 weeks off from work after surgery.
- Light desk work can be commenced after this time. Make sure your computer monitor is at eye level (put the yellow pages under it to lift it up)
- Wait until seen at 6 weeks before planning anything more strenuous than this

PAIN RELIEF

- Tylenol (#1, 2 or 3), Percocet or Vicodin can be taken for wound pain after surgery
- Robaxin or Flexeril is used for muscle spasm
- The wound pain settles in 2-4 weeks.
- Numbness is very slow to recover and there may always be some residual numbness
- Pins and needles are not uncommon after surgery but should settle over time
- Do not take any anti-inflammatories (e.g. Voltaren, Mobic) or smoke for 3 months after surgery

FOLLOW-UP

- You need to see your neurosurgeon or his PA 2 weeks after surgery
- You will need some X-rays of your neck at 6 weeks which the office will arrange

WHAT TO WATCH FOR

- If the wound becomes excessively red, swollen or painful or develops a discharge, or you have questions, contact your neurosurgeon at his office or see your GP.
- If it is an emergency come to the Emergency Room.
- DO NOT SMOKE OR THE FUSION WILL FAIL