

POST-OPERATIVE CONSTIPATION

- It is not unusual to have constipation due to medications.
- You may use a stool softener/laxative as needed.
- Drink plenty of water and add fiber to your diet.
- You may also try 1 dose Milk of Magnesia, 1 small can Prune Juice. Heat juice in microwaveable cup. Add Milk of Magnesia. Drink. Results within 2-3 hours.
- If you do not have a bowel movement by post op day 7, call our office.

WEARING YOUR BRACE

- The use of the brace is a very important part of your long term care. It is vital that you wear it as directed.
- You will wake up in recovery wearing a rigid brace if you had fusion or a soft brace if you had disc replacement.
- You **MUST** keep your brace on at all times.
- If you had cervical fusion you will receive a soft cervical collar later during your recovery.

**KEEP YOUR
BRACE ON
AT ALL TIMES**

SCHEDULING YOUR FOLLOW-UP APPOINTMENT

If you were unable to schedule your follow-up appointment before your surgery, you can do this after you are discharged from the hospital. You should follow-up 2-3 weeks after your surgery. For Team McBride call (407) 254-4053 and for Team Weber call (407) 254-4057 to schedule.

WHEN TO CALL THE DOCTOR

If you have any of the following symptoms, call us right away.

- Increased leg weakness or numbness
- Loss of control of bowel or bladder
- Fever greater than 100.5
- Pain not controlled with your prescribed pain medication
- Worsening redness or continuous drainage from surgical incision site
- Weakness or swelling in your legs or your calf muscle is tender
- Shortness of breath
- Increase difficulty swallowing



CALL US
IF YOU HAVE ANY QUESTIONS
TEAM MCBRIDE: (407) 254-4053
TEAM WEBER: (407) 254-4057



G. Grady McBride, M.D.



Mark Whitehead, PA-C

TEAM MCBRIDE: (407) 254-4053



Steven E. Weber, D.O.

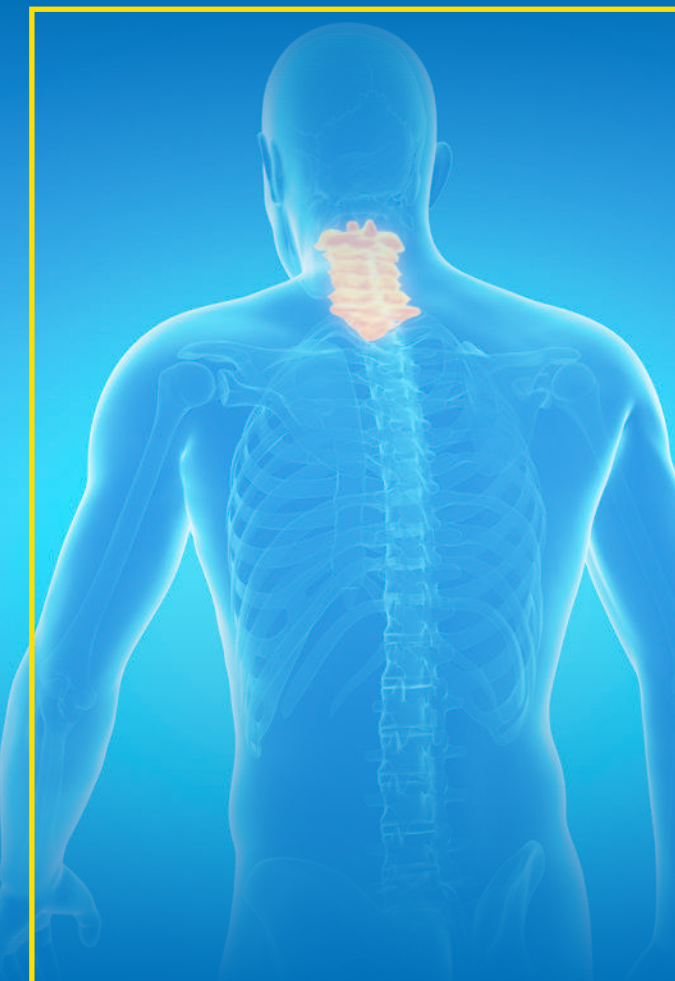
TEAM WEBER: (407) 254-4057



Specializing in Minimally Invasive Surgery

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SpineSurgeryOrlando.com

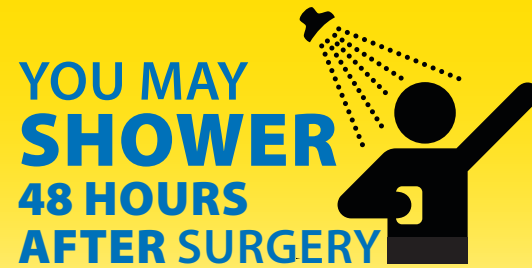
WHAT TO EXPECT AFTER CERVICAL SPINE SURGERY



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TEAM WEBER: (407) 254-4057
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ACTIVITY

- Sit up in a chair that provides good support for your back. Do this as much as possible!
- Try walking 2-3 times per day while in the house during your first week after surgery.
- Do not stay in bed most of the day. Try to be more active each day until you are able to resume normal activity. Inactivity can lead to blood clots which can become dangerous.
- Do not cross your legs when reclining or lying down as this may also cause blood clots.
- NO sexual activity for 3 weeks. NO lifting, bending and twisting of your neck.
- You were given some breathing exercises while in the hospital. You should continue these to help rid your body of anesthesia and to prevent post-operative pneumonia.
- You may walk outside up to one half block during the second week, but do not push yourself to the point of fatigue.



SHOWERING

- You may shower 48 hours after surgery.
- Keep the incision & dressing clean & dry.
- Incisions need to be covered while showering during the first week (you can cover it with plastic wrap).



RIDING IN A CAR

- Avoid riding in a car for 2 weeks (unless you need to come to our office).
- Have the seat in upright position, to provide firm back support.

WOUND CARE

DR. MCBRIDE'S PATIENTS

- Your dressings may be changed if it becomes soiled or wet.
- Remember to wash your hands thoroughly before & after changing your dressing.
- Included are instructions for *Mepilex* and *Zip-line* dressings.
- Your Zip-line dressing has been applied to your skin, this will remain on your incision until your first post-operative evaluation.
- Over the Zip-line is the Mepilex dressing. It will be changed daily while you are in the hospital & at home by a home health nurse.
- Keep the incision site clean and dry.
- Clean the incision site daily with hydrogen peroxide.
- Some swelling may occur around the site, and this is normal. This can occur for several weeks.
- **DO NOT** place 4x4 gauze over the Zip-line dressing, as this may result in snagging the Zip-line and removing it inadvertently.

DR. WEBER'S PATIENTS

- Change your dressing daily or more often if needed.
- Leave the steri-strips in place, they will fall off on their own.
- Use dry sterile 4x4 gauze secured with minimal tape.



MANAGING PAIN CONTROL

- Pain is normal after surgery and may take several weeks to improve.
- Take medications as prescribed.
- Allow 24 hrs for refill requests.
- You will be given prescriptions for post-operative pain control, prior to being discharged.
- Most post-operative pain meds are written prescriptions & have to be picked up. Be sure to have someone designated on your HIPPA form at our office to pick up written prescriptions.
- If you had pain and numbness prior to your surgery, you may have these afterwards as well; especially if you had any delicate surgery around the nerve itself. **This will gradually improve as you heal!**

If you are still in pain after taking your prescribed medication:

- Try lying down and applying an ice pack beside your incision. Ice helps control inflammation, muscle spasm, and pain.
- Relaxation breathing may also help. Slow deep breaths can help muscles relax and also helps bring in much needed oxygen to sore tissues.