

## **Cervical Laminoplasty/Foraminotomy** **Post-Operative Instructions**

### **Wound Care:**

- If your wound has a dressing, remove after 2 weeks.
- After dressing removed, keep your incision open to air – wash with soap and water-pat area dry. Keep incision clean and dry.
- Let the steri-strips fall off by themselves. If after two weeks, they have not fallen off- you may remove the steri-strips.
- Please DO NOT put any ointments or antimicrobial solutions over the incision or steri-strips.
- **If you notice drainage, significant redness, fever, swelling or increased pain at the incision site –please call the office, or emergency room (if after business hours).**

### **Showering:**

- You may take a shower as soon as your dressing is removed.
- There is no need to cover the incision after 14 days.
- You may use soap and water to clean the incision, then gently dry off the incision, then leave it open to air.
- Please make sure incision is completely dry after showering.
- DO NOT take a bath or get into a pool for TWO WEEKS after surgery or until the incision is well healed

### **Brace Instructions:**

\_\_\_\_ Soft collar is worn as needed for 3-4 days only.

\_\_\_\_ Do not wear the collar more than 7 days.

\_\_\_\_ Start extension exercises as instructed by Dr. Taylor immediately after surgery.

**CAUTION: Operating a motor vehicle may be limited due to your inability to adequately turn your head from side to side. No one should operate a motor vehicle while wearing a brace or collar, or while taking narcotics.**

**See other side of this sheet for more information**

### **Skin Abrasions From the Brace:**

- If you experience skin irritation from the brace rubbing your skin, contact Dr. Taylor's office immediately.
- DO NOT apply the talc powder to open areas of skin
- You may apply a scarf or handkerchief between the area of skin and the brace to prevent irritation.

### **Activities:**

- You may walk all that you would like to do over the next six weeks while you are recovering.
- You may raise your arms to brush or wash your hair.
- You may ride in a car as much as you are comfortable.
- Please limit driving a car until after you are off narcotics. Please realize that you will have limited motion of your neck while driving, so your peripheral vision is very limited.
- You may sleep laying flat 3-4 days post-operatively

### **Restrictions:**

- No athletic activities until you have discussed your limitations with Dr. Taylor at your six week check up.
- No lifting more than a total of 15 pounds until after discussing with Dr. Taylor at your six week check up.
- No overhead activities.
- No pulling or pushing with your arms.

**Follow-up appointment:** If no appointment has been scheduled for your six week appointment, by the time you are discharged, please call 314-336-2555.

### **Questions:**

For any post-operative questions please call Dr. Taylor's nurse, Lori, at 314-336-2555.

Download the form via our website at:

<http://www.drbrattaylor.com/medicalrecordsreleaseform.pdf>

**IMPORTANT: Refills of medications need to be done during business hours-NO pain medication refills will be given over the phone after hours.**

**Emergencies:**

Please follow these instructions for emergency calls:

During business hours (Monday through Friday 8AM-4:30 PM except for holidays) call 314-336-2555.

The operator will contact Lori, Dr. Taylor's nurse. Dr. Taylor's nurse reports all emergencies to Dr. Taylor.

Please call with any questions or concerns. We will be glad to assist you in any way during your recovery period.

Sincerely,  
Dr. Taylor and his staff