

## CERVICAL FUSION POST-OPERATIVE INSTRUCTIONS

### Wound Care

- Keep your incision open to air. Wash with soap and water and 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, swelling or increased pain at the incision site, please call the office.**

### Showering

- You may take a shower 7 days AFTER surgery.
- There is no need to cover the incision.
- You may use soap and water to clean the incision. 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.

### Brace Instructions

- \_\_\_ Your soft collar is optional. You may wear it for comfort.
- \_\_\_ You MUST wear your brace while you are riding in a motor vehicle.
- \_\_\_ You may remove your collar 2 or 3 times a day for up to one hour at a time. DO NOT flex, (bring your head to your chest) or extend (lift your chin up high and away from your chest).
- \_\_\_ NO DRIVING.
- \_\_\_ Wear collar when showering. Use a hair dryer set on “cool setting” to dry off the collar.

**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 taking narcotics, or wearing a cervical collar.**

### Skin Abrasions From the Brace

- If you experience skin irritation from the brace rubbing your skin, contact Dr. Taylor’s office.
- 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.

**\*\*SEE OTHER SIDE OF THIS SHEET FOR FURTHER INFORMATION\*\***

## **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.
- 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 follow-up appointment.
- No lifting more than a total of 15 pounds until after discussing with Dr. Taylor at your six week follow-up appointment.
- No overhead activities.
- No pulling or pushing with your arms.

**Follow-up appointment:** If no appointment has been scheduled for your follow-up by the time you are discharged, please call 314-336-2555 (Lori)

## **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.drBRETTTaylor.com/medicalrecordsreleaseform.pdf>

## **Emergencies**

During business hours (Monday through Friday 8:00 A.M. – 4:30 P.M., except for holidays) call 314-336-2555. Ask to speak with Dr. Taylor's nurse. Dr. Taylor's nurse reports all emergencies to Dr. Taylor.

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

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