

Patient Information Sheet

POSTERIOR CERVICAL DISCECTOMY/LAMINECTOMY

1. **NO** lifting more than 5 pounds. Sedentary activity (walking) only for the first 2 weeks.
2. You may have a soft collar for the first few weeks, it may be removed for showering. Please do not over extend, flex or rotate your neck in the first weeks after surgery.
3. Your wound should be sealed with Dermabond, a topical skin glue, which allows you to shower as soon as you wish after surgery.
4. Call if there is any wound drainage or an increase in redness or swelling.
5. No driving for 2 weeks, then only when not on pain medications.
6. Pain medications may be constipating, it may be very helpful to use a bulk laxative or fiber preparation, avoid straining.
7. Please make sure you have enough pain medication to last over the weekend; we will not refill prescriptions then. Monday thru Friday if you need a refill call your pharmacy, they will then contact our office requesting the refill for you.
8. You may typically expect to return to sedentary work or light duty at 2-3 weeks, with full return to work at 8 weeks possible. However, it may take 3 months for full release from care.

PLEASE NOTE

Your doctor strongly urges you to refrain from the use of **any tobacco** products during your recuperation. Even occasional use will suppress or even prevent bony healing, leading to chronic pain. Anti-inflammatories such as aspirin and ibuprofen can have a similar effect and should be avoided.

Acetaminophen (Tylenol) is OK.

Excessive activity in the recuperative period can also have a detrimental effect to bony healing. Walking on a daily basis to keep up tone in your legs (strolling, not power walking) is fine. Try to avoid excessive in and out of your chair. That act puts a great deal of strain on your hardware.

Narcotic medications (such as Vicodin, Lortab, hydrocodone, Percocet, Oxycodone, MS-Contin, etc.) are not only addictive but results in what is called drug tolerance. Drug tolerance is when a medication loses its effectiveness. Narcotic tolerance can make it difficult or even impossible to control pain. Therefore, we urge patients to wean off narcotics as soon as possible postoperatively and to minimize use preoperatively.