

**HOMEGOING INSTRUCTIONS FOR PATIENTS FOLLOWING
MINIMALLY INVASIVE ANTERIOR
CERVICAL DISCECTOMY AND INTERBODY FUSION**

1. Call the **NORTHEAST OHIO SPINE CENTER** for a follow-up appointment in 10 to 14 days (**330 - 966 - 9328**).

- A. No lifting greater than 10 pounds
- B. No driving.
- C. No bending, twisting, crawling or squatting.
- D. Must get up and walk around every 20 minutes while awake.
- E. May resume sexual activity in 10 days.
- F. Keep cervical collar on at all times; okay to shower out of collar; do not bend or twist neck in shower.
- G. If a bone graft was taken from the hip or leg, keep this wound clean and dry as well and protected during bathing.
- H. Dressing changes/showering.

Change dressing as needed. May shower but must keep incision clean and dry using Saran wrap and tape. Cannot get incision wet.

- 2. Call the office immediately if you have increased temperature greater than 101, any chills, severe pain not improved with medications, any increased draining, pain or swelling of your incision or any signs or symptoms of infection.
- 3. If you have any difficulty breathing or swallowing, call the office immediately (**330, 966 - 9328**) -or go to the emergency room.
- 4. Do not take any anti-inflammatory medications. These medications prevent bone fusion.
- 5. Do not smoke (nicotine prevents bone fusion).
- 6. If unable to reach the office and have serious questions and concerns, please call the emergency room nearest you.
- 7. Diet –soft foods until first post –op visit.
- 8. Medications:

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