

Discharge Instructions: Cervical Disc Replacement

Wound Care

- The incision is covered with skin glue with a gauze and clear adhesive dressing on top.
- You may start showering on the 2nd day after leaving the hospital.
- The gauze and adhesive dressing should be removed prior to showering. While showering, the skin glue is a water-tight barrier. After showering, pat dry the wound and apply a new barrier to prevent the wound rubbing on the neck brace. Gauze and tape or several Band-Aids may be used and can be changed as needed for moisture in the dressing.
- You may **not** submerge the wound under standing water until cleared to do so in the doctor's office (i.e. no baths, hot tubs, or swimming pools).
- The skin glue will fall off on its own. If it begins to peel, carefully trim the glue at the skin edge. This usually takes around 1-2 weeks.

Post-Surgery Pain

- Pain after surgery is normal. You may have some return of your pre-surgery symptoms and this is normal. Overall your pain should slowly decrease. You may have good and bad days.
- The pain medication (Percocet or oxycodone/acetaminophen) may be taken every 4-6 hours as needed for pain.
- The stool softener (Colace) should be taken 2 times a day to prevent constipation. You may stop Colace when you are no longer taking Percocet.

Post-Surgery Activity

- Please wear the soft neck collar when out of bed.
- There are activity restrictions for 6 weeks after surgery: 1) No heavy lifting more than 5lbs. 2) No excessive twisting or bending of your neck.
- You may return to work when your pain is controlled and you are able to follow the above activity restrictions.

Follow-up Visit

- The first follow up visit will usually be 4 weeks following surgery and you will receive an X-Ray prior to your visit.
- If you do not already have your follow up appointment with Dr. Johnson, please call the SpineCare office for assistance: (650) 985-7500.

Please call the office or proceed to the nearest ER for severe pain, fever (temp >100.4), wound drainage for more than 1 week, or any other concerning symptoms.