

Jeffrey W. Heitkamp, M.D.

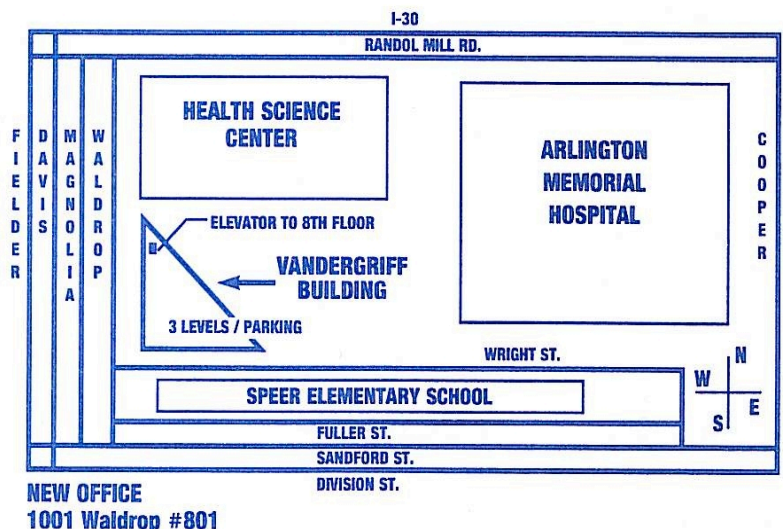
Diplomate, American Board of
Neurological Surgery

POST – OPERATIVE INSTRUCTIONS AFTER ANTERIOR CERVICAL DISKECTOMY

1. Keep your wound dry for one week after discharge from hospital. You may then get it wet and peel off the Steri Strip tapes.
2. After removing the Steri Strips, you may gently wash the wound with soap and water daily.
3. At first, your wound will feel raised or puckered and rather rough. This is normal, and will smooth out and feel flat in about one month.
4. You may take off your collar for a few minutes when you bathe, otherwise keep your soft cervical collar on at all times when upright.
5. You are not to drive an automobile or lift anything heavy over 15 pounds for at least 7-10 days after surgery.
6. Please call the office upon discharge from the hospital, and make an appointment to be seen in the office in 3-4 weeks after surgery.
7. It is normal to have some pain in the back of the neck and upper shoulder muscles following this surgery. You will be given prescriptions upon discharge for a pain pill (such as Lortab or Darvocet) or a muscle relaxer (such as Flexeril or Valium). You may take these as prescribed for pain or muscular tightness. Usually, it is no longer necessary to take these medications after three weeks have passed.
8. If you develop any drainage from the wound or unusual redness or soreness, please call the office

Thank you very much,

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