

## **Discharge Instructions**

### **Cervical Artificial Disc Replacement**

- Activity for the first week after surgery should be minimal. You should avoid bending, lifting, twisting, as well as overhead reaching; this allows for better tissue healing early in your recovery. Walking and stair climbing should be kept to a minimum for the first week.
- The soft cervical collar given to you at the doctor's office should be worn at all times, even while you are in bed. You may remove this collar when showering. You will continue wearing this brace for one to two weeks after surgery.
- You may shower; however, you need to keep your incision dressing dry. Some try reinforcing their dressing with plastic wrap for the shower. It's usually best to sponge bathe in order to keep you dressing dry.
- You do not need to change your dressing. In rare, cases, if there is any drainage or your dressing gets wet, you may change the outer dressing. You may use an ice pack as needed.
- You are allowed to ride in a car, but you may not drive until cleared by your physician. In general, travel should be kept to short distances by car and you are usually cleared to travel by plane after your first postoperative appointment.
- We will see you in the office for your first postoperative visit one (1) day after surgery for drain removal and then two (2) weeks from surgery. This will be a quick visit to check your incision, perform a neurological exam, and address any concerns you may have. At this visit we will review any medication you are taking and revise instructions on your activity.
- Physical therapy will begin six (6) weeks after surgery, once cleared by the doctor. At that time you will begin to strengthen your cervical muscles and work on your range of motion.
- You are encouraged to contact us or your doctor's office at any time if you have questions about your postoperative course.