

Jeffrey W. Heitkamp, M.D.

Diplomate, American Board of
Neurological Surgery

POST-OPERATIVE INSTRUCTIONS AFTER ANTERIOR CERVICAL DISKECTOMY

1. Your Neck wound is closed with dermabond glue, it is okay to get it wet daily.
2. At first, your wound will feel raised or puckered and rather rough. This is normal, and will smooth out in about a month.
3. You may take off your collar when you bathe, or sleep, otherwise, use the soft cervical collar for 7-10 days.
4. Do not drive an automobile or lift anything heavy over 15 pounds for at least one week after surgery.
5. Please call the office upon discharge from the hospital, and make an appointment to be seen in the office in three to four weeks after surgery.
6. It is normal to have some pain in the back of the neck and upper shoulder muscles following surgery. You will be given prescriptions upon discharge for a pain pill (such as Lortab or Tramadol) or 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.
7. If you develop any drainage from the wound or unusual redness or soreness, please call the office.

Jeffrey W. Heitkamp, M.D.

