



CERVICAL DISCECTOMY DISCHARGE INSTRUCTIONS

Aster
HOSPITAL

We'll Treat You Well



Digital Version



CALL THE HOSPITAL ON PHONE NUMBER IF YOU EXPERIENCE THE FOLLOWING

- You have a fever
- You have a cough that does not go away
- The skin around your surgical site is red, warm, or swollen.
- You have yellow or bad smelling fluid coming from your wound.
- You have new or worsening trouble when you swallow.
- You have new or worsening pain in your neck or arm.
- You have worsening hoarseness, or you have trouble speaking.
- You have questions or concerns about your condition or care.

MEDICINES

- Pain Medicine: You may need medicine to take away or decrease pain.
- o Learn how to take your medicine. Ask

what medicine and how much you should take. Be sure you know, when, and how much often to take it.

o Do not wait until the pain is severe before you take your medicine. Tell your physician if your pain does not decrease.

o Pain medicine can make you dizzy or sleepy. Prevent falls by calling someone when you get out of bed or if you need help.

- Take your medicine as directed. Contact your doctor if you think your medicine is not helping or if you have side effects. Tell him or her if you are allergic to any medicine. Keep a list of the medicines, vitamins, and herbs you take. Include the amounts, and when and why you take them. Bring the list or the pill bottles to follow-up visits. Carry your medicine list with you in case of an emergency.

FOLLOW UP AS DIRECTED

Tell your doctor if you are having any

pain or other symptoms. He may do a physical exam and check your muscle strength and reflexes. You may need tests such as cervical spine x-ray, CT scan, or MRI to help doctor check the position of each vertebra. The

tests will also show if your graft, plates, or screws have moved out of place.

- Ask how often you should clean your surgical wound and change your bandage.
- Write down your questions so you remember to ask them during your visits.

DIET

- Normal diet. Plenty of water intake approximate 2.5 to 3 Liters/day

ACTIVITY

- Your doctor may tell you to take many short walks after your surgery.
- Walking helps blood move through your body and may help prevent blood clots from forming. If you feel weak or dizzy, sit or lie down right away.

NECK BRACE

- You may need to wear a neck brace for a few weeks after your surgery. The brace will support your neck and hold it in the right position while you are healing.
- Do not stop wearing your neck brace until your doctor says it is okay.



PHYSICAL THERAPY

- You may need physical therapy after your surgery.
- A physical therapist will help you with the exercises to decrease pain and improve movement.
- Physical therapy can also improve strength in the muscles that support your neck and decrease your risk for loss of function.



PLEASE SCAN FOR
THE LOCATION

Aster HOSPITAL

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Mankhool, Kuwait Road, Al Mankhool - Dubai

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