



WRH PHYSICIANS, INC.

**Western Reserve Hospital Physicians
Neurosurgery**

Paul Hartzfeld, MD
701 White Pond Drive
Suite 300
Akron, OH 44320

P: (330) 926-3322
F: (330) 926-3342

Office Hours:
8 a.m. - 4:30 p.m.

wrhpi.org

Cervical Fusion Instructions After Surgery

- If you have any questions or problems, please contact our office at (330) 926-3322
- We are available 24 hours/day if you feel it is an emergency. Otherwise please call during regular business hours (8 a.m. - 4:30 p.m.)
- Absolutely no prescriptions outside of regular business hours

Activity

No lifting more than 10 pounds. Avoid pushing or pulling heavy objects. Limit movements of your neck from side to side or up and down. Walking is the best exercise after surgery. Walk several times daily and increase your distance. If you feel unsteady, use a cane or walker and wear your collar.

Cervical Collar

Anterior Cervical Surgeries must wear their collars while up walking around and in car for approximately 4 weeks. Posterior Cervical Surgeries also must wear their collars while up walking around and in car for approximately 12 weeks.

Driving

No driving. At your follow up appointment this will be addressed on an individual basis.

Bathing and Incision Care

Shower daily, letting soapy water run across incision. Avoid scrubbing incision site. Avoid baths, hot tubs, and swimming until after your post op appointment. The Steri strips may fall off prior to your next visit, but do not pull them off. Do not apply any ointments, powders, lotions or creams to incision.

When to Call the Office

Fever, chills, profuse sweating, drainage from incision, new or worsening pain, new numbness, new weakness, severe problems swallowing, changes in your voice.

- It is normal to have some trouble swallowing the first week after surgery

Pain Medication and Constipation

You will be given a prescription for pain medication at discharge from the hospital. If you need a refill you may call our office at (330) 926-3322. Narcotic pain medications causes constipation. Take a stool softener (Colace) daily. Any over-the-counter laxative may also be used if needed (Miralax, Ex-Lax, Milk of Magnesia).

- **NO Anti-inflammatory medications – Motrin, Aleve, Advil, ibuprofen, Mobic, Celebrex, etc. If you have a question about a medication please contact us**

NO Smoking or Nicotine products

Smoking and any nicotine decreases healing time and can increase your pain. Please note: Most electronic cigarettes contain nicotine. Do not use nicotine gum or patches. If you need assistance with quitting, contact your Primary Care Provider.

Follow up Appointment

See the date and time on your Pre-Surgery Information sheet (Approximately 2 weeks). Please keep this appointment. You will need an incision check.