

ALAN E. HEILMAN, M.D.

**Discharge Instructions
CERVICAL SPINE**

7401 South Main
Houston, Texas, USA 77030
713-799-2300

Medication: If you have been taking a Medrol Dosepak, finish the remaining pills as directed.

Temperature: Notify the office of any increase in pain, fever, difficulty swallowing or redness about your incision.

Wound Drainage: Change your dressing daily. If necessary, clean incision with hydrogen peroxide. When your surgical incision is dry, the dressing may be discontinued. Steri-strips will gradually come off on their own.

Bathing: You may take home a shower stool, elevated toilet seat or any other assistive devices. You may shower with assistance. Following posterior cervical surgery, you must wait seven days before showering. Following anterior surgery, you may shower on day three if your wound is dry. Keep your wound dry.

Activity: Limit the number of visitors for the first two weeks after surgery to allow yourself time to rest and heal. Walk as much as you can tolerate. Remember to increase walking time gradually. Wear your brace at all times unless otherwise instructed. If you have any problems with your brace, call Fondren Orthopedic Group, L.L.P., Bracing at 713-349-9335.

Long hair should be worn up off the posterior neck incisions.

Office Visit: Call your physician's office for a follow-up appointment.

Questions: Please call the office with any questions or problems at 713-799-2300 (Medical Center) or 281-359-5115 (Kingwood).

