



# Yalamanchili Brain & Spine

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Neurological Surgery

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*Specializing in:* Intracranial Surgery • Microendoscopic Discectomy • Endoscopic Surgery • Spinal Instrumentation  
Minimally Invasive Surgery • Stereotactic Surgery • Cyberknife

## Post-operative instructions after Cervical Discectomy and Fusion

- Medications** Take your medications as prescribed.
- Diet** You may resume your previous diet.
- Activity**
- \* Do not lift anything heavier than a telephone for 2 days, after that you can slowly increase the weight as you can tolerate.
  - \* Walk as much as possible. This should be on level surfaces without any loose gravel or uneven pavement.
  - \* Keep stair-climbing to a minimum. Take one step at a time, stop and rest if you have discomfort.
  - \* Sexual relations are permitted as long as you have no pain at the operated site (s).
  - \* Do not drive until you are seen back at the office for a follow-up visit. Also, try to keep your car rides short until then.
  - \* Do not reach, push, pull or lift anything above shoulder level until you are seen back at the office.
- Self-Care Instructions**
- \* You may shower the day following your surgery unless you are told otherwise.
  - \* Remove dressings prior to showering.
- Notify your doctor if:**
- \* If you have any problems, questions, or pain that is not relieved with your pain medication that was given to you at discharge from the hospital, or if you have bleeding/discharge from your incision (s), call the office immediately.
- Follow-up Care**
- \* Make an appointment, as soon as you arrive home, to be seen in the office in 4 weeks.