



NEUROSURGERY

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Dr. Hirsch Anterior Cervical Discectomy and Fusion Post-Operative Instructions

Wound Care

- Skin glue on the incision is waterproof. Allow water and gentle soap to run over incision and pat dry daily. Do not scrub or peel off skin glue. Allow it to come off on its own
- There should not be any drainage from the incision. If there is drainage, please call the office to notify someone from Dr. Hirsch's team for further instruction
- If there is increasing swelling at surgical site AND difficulty swallowing or breathing call 911 immediately

Medications

- No anticoagulation or antiplatelet medications (blood thinners) for 1 week after surgery
 - Aspirin, Coumadin (warfarin), Eliquis (apixaban), Xarelto (rivaroxaban), Pradaxa (dabigatran), Plavix (clopidogrel), Brilinta (ticagrelor), Effient (prasugrel) are some of the most common. Please contact your doctor or pharmacist if you are unsure if one of your medications is in this category
- No NSAIDs (non-steroidal anti-inflammatory drugs) for 3 weeks after surgery
 - This includes Advil (ibuprofen), Aleve (Naproxen), meloxicam, diclofenac, celecoxib, etc
- Most patients are prescribed pain medication and a muscle relaxer for postoperative pain. The prescription for narcotic pain medications is expected to last the patient through the immediate postoperative period and is generally not refilled. There are refills available on the prescribed muscle relaxer.

Activity

- Soft cervical collar is to be worn at all times except while showering
- Do not lift anything over 5lb for 3 weeks after surgery
- No driving for the first 3 weeks postop
- Ok to be up and around, walking, light activity, but no chores or strenuous activity