

ANTERIOR CERVICAL SURGERY FREQUENTLY ASKED QUESTIONS

How long will the swelling in my neck last?

Every patient is different. The swelling can last for weeks, even months. The swelling should only slightly improve each week, but it is important that you call if it is not slowly improving.

How long should I avoid driving?

You should not drive while taking narcotics. You should avoid driving during the busy traffic times and remember to carefully position your mirrors before starting to drive. Some states do not allow collars while driving. You should wear your collar when driving, so if your states do not allow you to drive with a collar, then do not drive for the first 6 weeks post-op.

Why do I have pain in between my shoulders / muscle spasms?

When the disc degenerates, it collapses. When the bone graft is placed, it stretches the disc height back to its normal place, which is a change. Once the bone heals, the pain should dissipate.

When can I resume sexual relations?

Sexual relations can be resumed whenever the patient feels that he/she is comfortable to do so. The safest position for the patient is laying flat in bed.

When should I take a Medrol dose pack?

If your swallowing becomes more and more difficult, please start the Medrol dose pack. When starting the medrol dose pack it is best to take all 6 pills at one time, then follow the directions on the package thereafter.

When should I be concerned about my swallowing?

Swallowing problems are not unusual, but swallowing and breathing are not options. If swallowing becomes more and more difficult, then please start the Medrol dose pack.

When can I lift weights?

Please avoid all overhead lifting. You can lift weights close to your body. Please keep the neck in a neutral position.