

Discharge Instructions For Anterior or Posterior Cervical Fusion

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1. Activity

- Take frequent walks (Walking Program Guide)
- Do not lift anything heavier than 10 pounds (weight of 1 gallon of milk)
- Other

2. Diet

- Avoid water
- Drink carbonated beverages and thicker substances
- Normal diet with increased fruit, fiber, vegetables, protein and iron
- Other

3. Other Instructions

- Wear _____ collar at all times
- Do not drive: x 6 weeks. May ride in a car after 2 weeks or after staples removed
- Do not get incision(s) wet
- Cover wound(s) with plastic dressings when showering. No tub bath or hot tubs.
- Use Philadelphia collar when showering
- Call physician for any increase in pain, numbness, tingling, drainage, or temperature greater than 101°F
- If wound drainage: cover wound, sponge bath daily, and notify doctor
- May get in pool after 3 weeks -when wound healed. Must be cleared by physician
- Other

Physician Signature

Date/Time

Nurse Signature

Date/Time

Patient Signature

Date/Time