

**Paul D. Saadi, M.D.**  
Diplomate of American Board  
Of Orthopaedic Surgery



**Pavilion at Medical City Dallas**  
12222 N. Central Expwy • Ste. 130  
Dallas, TX 75243

ORTHOPEDIC AND RECONSTRUCTIVE SURGERY

[www.dallasboneandjoint.com](http://www.dallasboneandjoint.com)

Phone (214) 324-2471  
Fax (214) 324-1734

## **Cervical Spinal Surgery Discharge Instructions**

### **Activity:**

- Walk as you feel comfortable - encouraged
- Lie in any comfortable position
- Avoid ANY bending or lifting
- Wear collar at all times

### **Pain Management:**

- Use prescription pain medicine as directed initially (usually required for 3-4 days)
- Begin weaning off during the day first, later at night
- May supplement with Motrin/Advil or Tylenol as needed
- Activity restriction and ice is also of great benefit

### **Diet:**

- Liquids or light food may be taken initially
- Advance to normal as tolerated if nausea is not present

### **Wound Care:**

- Remove small dressing 2 days after surgery and cover with small, clean dry gauze or leave open if dry. Leave glued mesh in place
- Can shower between dressing changes

### **Follow-up Office Visit:**

- Call the office the next business day at (214) 324-2471
- Schedule an appointment for 5-7 days from surgery date

### **Call your doctor if:**

- Fever develops to 101
- Uncontrolled nausea or vomiting
- Excessive bleeding or drainage (pus) (mild bleeding is normal)