

Dr John C.L. Sun Inc.

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CANADA

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***Anterior Cervical Discectomy with:
Spacer Fusion or Disc Replacement***

Patient Instructions

Wound Care

Please keep incision(s) dry for 7-10 days following the operation. Make an appointment with your Family Physician to assess the incision(s) and ensure that there is no infection (redness with fever and chills) and remove any steri-strips, sutures or staples, 7-10 days following the operation. Please keep the incision dry for 24 hours after the steri-strips, sutures, or staples have been removed. If you notice any fever, chills, incisional redness, yellow discharge or clear discharge seek immediate medical attention and contact Dr. Sun's office.

Cervical Brace

Please use the soft cervical collar provided for 3-4 weeks after the operation. During this time you will not be able to drive. It does not have to be worn in bed as long as your neck is in a neutral position while you are sleeping. After this time it can be removed. Normal daily movements will be fine. You should not perform any extreme neck movements, high impact activities, overhead work or any aggravating activities. Physiotherapy can be initiated after follow-up with Dr. Sun in 2-3 months.

Follow-up

Dr. Sun's office will make arrangements to see you in 2 to 3 months following the operation. His office will contact you with the appointment time within 2 weeks of discharge. Physiotherapy, if required can be initiated at 3 months. It does take 3 months for the bone to solidly fuse to the spacer or disc replacement, so no extreme neck movements should be performed prior to that time.

X-Rays

Plain lateral X-rays should be done 4 to 6 weeks following your operation. Your Family Physician will have to arrange this. Ensure a copy of the X-Ray report is forwarded to Dr. Sun.