

Mr. Patrick Lo

Paediatric and Adult
Neurosurgeon

ABN 38886678117



Appointments-
Telephone - 03 9592 2819

Correspondence -
159 Church Street Brighton VIC 3186

Fax - 03 9592 4730
Pager - 03 9387 1000
Email - manager@laccon.com
Website - www.laccon.com

We are argus enabled:
599883@argus.net.au

POSTERIOR CERVICAL SPINE SURGERY

Post-operative care instructions

Keep wound dry. If the wound gets wet, please dab dry and do not scrub the wound.

Please make an appointment to see your GP between 7-10 days after the day of surgery. The sutures are self-dissolving unless otherwise specified. If there is any redness, discharge or signs of superficial infection, antibiotics should be commenced and the specialist rooms should be notified.

Keep waterproof dressings intact until you are seen by your GP. If the dressings get soiled then please replace them.

Keep wound covered at all times for 10 days after surgery. Remove waterproof dressings on day 10 but cover for a further 4 days while showering (remove cover after each shower and dab wound dry then continue to have wound exposed).

You will have a Telehealth review by your specialist around 1 week after discharge and a face-to-face review in the specialist rooms around 3-4 weeks after discharge.

If staples or sutures are used, please attend your local doctor to have them removed between day 10-14 following SURGERY.

If absorbable sutures are used, please attend your local doctor for a wound review around 7 days following DISCHARGE.

Do not drive for 3 weeks.

Do not bend or twist your neck suddenly. Do not reach, pull or push objects. Do not raise your arms above the shoulder level. Do not lift heavy objects more than 2 kg in total.

Do not begin physiotherapy until you have been reviewed by the specialist. Simple walking in and around your home or local block for a maximum of 30 minutes will be adequate. You may still perform activities of daily living around home. Do not go shopping.

You will experience discomfort between your shoulders. This is normal.

OTHER INSTRUCTIONS

If you haven't been given a follow-up appointment upon discharge from hospital, then please contact our rooms on 9592 2819 to make a follow-up appointment.