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ANTERIOR CERVICAL SPINE

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 the wound covered at all times for 7 days after surgery. Remove waterproof dressings on day 7 but cover for a further 3 days while showering (you can leave them off during other times).

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.

Do not drive for 3 weeks.

Do not raise your arms above the shoulder level, even when lying down, until reviewed.

Do not lift heavy objects more than 2 kgs in total.

Do not begin physiotherapy until you have been reviewed by the specialist. You may still perform activities of daily living around home. Do not go shopping.

You will experience some hoarseness in your voice and some minor swallowing issues. This is normal.

You may experience pain between the shoulder blades and some tingling in your arms/hands. This is normal.

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