



*DR. WARREN'S DISCHARGE INSTRUCTIONS FOLLOWING YOUR*  
**Anterior Cervical Discectomy and Fusion**

**General Information**

- Dr. Warren removed a disk or disks in your neck and replaced them with a plastic “bone graft” made from a material called PEEK. This will help your body to replace the degenerated disk with bone over time. The grafts are held in position by a titanium plate that Dr. Warren secured to your spine with titanium screws. The stability provided by the plate eliminates the need for most patients to wear a brace after surgery. However, if Dr. Warren feels that your bone is soft or that you need extra support, you may have been provided with a collar.
- The titanium plate will not set off metal detectors, and is safe in MRI.

**Activity**

- If you have been given a collar, wear it as instructed (most patients do not need collars).
- Do not pick up anything that weighs more than a gallon of milk.
- Sleep on a firm pillow to help support your neck.
- Take short walks daily and gradually increase the distance.
- Do not use weights or exercise equipment until Dr. Warren gives you the okay.
- Do not pull, tug or reach for objects.
- Do not drive a car until Dr. Warren tells you that you can.
- You may resume sexual activity when you are comfortable with it.
- You will be seen by Dr. Warren 2 weeks following discharge. The decision regarding your return to work will be made at that time.

**Hygiene**

- If you do not have stitches or staples on your skin, then your wound was closed with a skin glue, called DermaBond. Do not try to peel this off.
- Do not put any type of ointment on your wound.
- You may shower, but do not soak the wound in a tub or aggressively scrub it until Dr. Warren says it is OK.
- If you have been given a collar, wear it when out of bed, except in the shower.
- You may require help getting dressed, putting on shirts, and pulling up pants.
- Decreased activity after surgery, along with pain medications, may result in constipation. Fruits, bran cereal, fluids or laxatives will assist you to move your bowels regularly.

**Notify Dr. Warren of any of the following:**

1. Oral temperature over 101 degrees.
2. Redness or swelling around your incision with or without any tenderness.
3. Any drainage from your incision.
4. If the skin edges of your incision start coming apart.
5. New numbness or tingling in your hands or fingers on either side.
6. Increased pain in your neck, shoulder, upper arm or forearm.
7. New weakness of the arms, hand or legs.

**If you have questions or concerns, call Dr. Warren's office at (334) 821-0466**

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