
After Your Neck Disc Operation

~ Anterior Cervical Discectomy ~

In the hospital

After surgery, you will feel pain in the front of your neck and have some trouble swallowing for 2 to 3 days. Some people have pain in the back of the neck for a few days. You will be given pain control medication when needed. Sometimes these symptoms can last for up to 3 weeks.

You will get up as soon possible with the help of a nurse. You will go home when you can walk comfortably and void without problems. Most people go home the same day of surgery. If you had a fusion and a cut in your hip area, you may have to stay in the hospital for 1 night.

You need to keep the wound dry for 6 days. The stitches will dissolve and do not have to be taken out. You will remove the dressing 5 days after surgery. Call your family doctor or health care provider if your wound is red and weeping after the dressing comes off.

At home

- You may walk around and follow your normal diet.
- Increase your activity each day.
- Your doctor may want you to wear an Aspen Collar. Remove the collar to eat and shower. You can buy the collar at:
 - Charlton Orthopaedics, 25 Charlton Avenue East, Suite 504, Hamilton, Ontario. Call: 905-522-2336.
- You should take pain medication only if you need it.

Return to work

When you return to work depends on your job. Please discuss this with your Family Doctor or Dr. Reddy.

When to see Dr. Reddy again

You will see Dr. Reddy in his office 8 weeks after your operation. You will get this appointment before you leave the hospital. **If you do not have an appointment, call Dr. Reddy's office to arrange one.**

If you have questions or concerns

If you have any questions or concerns, contact:

- Dr. Reddy 905-521-0061 **or**
- your family doctor or health care provider

