

## Post-Op Cervical Fusion Patient Instructions

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### Activity

- We encourage you to be active walking and riding a stationary bike.
- Perform isometric exercise with your head: 3 sets for 10 seconds in each direction at least 3 times a day.
- Perform rotations with your head: turn side to side, and up and down, 3 sets of 10 repetitions at least 3 times a day.

### Restrictions

- Other than when performing exercises above.
- No bending forward or backward of your neck.
- No twisting of your neck.
- No lifting greater than 10lbs, this should be done from your waist to your shoulders only. No lifting from the ground up or above your head.

### Brace

- If your surgeon has prescribed a brace, directions may vary for use.

### Driving

- You can drive when you are not taking any narcotic medications and you feel safe to drive. If you can react quickly, step on the brake quickly, look over your shoulder easily, etc.

### Medications

- You may take narcotic medications as needed, but try to wean yourself off.
- Call the office if you need refills, between 8:30am-4:00pm, allowing 48 hours notice at **734-434-4110**.

### No Tobacco or Anti-Inflammatory Medications

- Using tobacco or anti-inflammatory medication may cause your neck not to fuse. ( Motrin, Ibuprofen, Relafen, Celebrex, Advil, Aleve, or Naprosyn, etc.)

### Dental Work

- If you need to have dental work done before 6 months, then your dentist will need to treat you with antibiotics before your dental procedure. If you have an illness that affects your immune system, such as cancer, diabetes, HIV, or need to take prednisone, then you should take antibiotic before any dental procedure FROM NOW ON.

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ANN ARBOR NEUROSCIENCE cares for brain and head problems with its team of neurosurgeons.

ANN ARBOR SPINE CENTER takes a multidisciplinary team approach to back and neck problems to emphasize nonsurgical treatment options before exploring spine surgery.

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On-line educational encyclopedia  
with home remedies, symptom charts and  
video animations about spine at:  
[www.AnnArborSpineCenter.com](http://www.AnnArborSpineCenter.com)