

# Dr. Mendelsohn's Cervical Spinal Surgery Discharge Instructions

Procedure: \_\_\_\_\_ Date: \_\_\_\_\_

## WOUND CARE

You may remove the dressing and shower on the 3<sup>rd</sup> day after surgery. Keep the wound dry after showering. Avoid pools or baths for 3 weeks.

- Stitches are absorbable and do not require removal.  
There may be pieces of tape on the incision. Allow those to fall off on their own.
- Stitches should be removed by your G.P. or at a walk-in-clinic 10-14 days after surgery.

Watch out for fluid draining from the wound, opening of the wound, increasing redness, increasing soreness, or fevers. These are signs of a wound infection. Wound infections occur very rarely.

If there are any concerns with the incision, I need to be notified. Please seek medical attention and have the physician contact my office or the neurosurgeon on-call at Lion's Gate Hospital.

## ACTIVITY

Walking is the best activity for recovering from spinal surgery.

Avoid lifting more than 10 pounds or overhead work. Avoid wearing heavy backpacks or purses.

Avoid physical exercise beyond walking for 6 weeks. Physiotherapy can be started after 6 weeks.

## FOLLOW-UP

Follow-up appointments are scheduled for 6-8 weeks after surgery. Please contact my office within 2 weeks of discharge from hospital to schedule a follow-up appointment.

You may contact my office by phone or email: [dr.mendelsohn.moa@gmail.com](mailto:dr.mendelsohn.moa@gmail.com)

DANNY MENDELSON

MD, MSc, FRCSC

NEUROSURGEON

Office

Tel: (604) 987-7085

Fax: (604) 987-1534

Suite 340 - 138 East 13th Street  
North Vancouver, BC V7L 0E5

## MEDICATION INSTRUCTIONS

While you are experiencing regular pain, take acetaminophen (Tylenol) regularly as per the bottle's directions (unless you are allergic or have liver problems).

You will receive a prescription for pain medicine, if you require one. If you run out of pain medicine, please see your GP or a walk-in-clinic doctor for a refill.

- Avoid taking NSAIDS (ibuprofen, Advil, Motrin, naproxen, Aleve) for \_\_\_\_\_ week(s) after the surgery
- You may resume taking \_\_\_\_\_ days after the surgery (if on blood thinners)