SPINE by Villamil MD

An innovative approach to surgery of the spine

TULSA - SAN JUAN

Fernando L. Villamil, MD
Spine Surgeon
505 E Main St Jenks, Ok 774037
(918) 813-3901

# Cervical Post-Op Instructions

1. You must always use the cervical collar (including while in bed) for two weeks, unless otherwise instructed by Dr Villamil. It can be removed only to eat and to shower.
2. The bandage will be removed on the second day of discharge. When you remove it, you will see a violet "scab" which is skin glue. The wound will be then washed with soap and water without trying to remove the glue.
3. Please do not perform exercises, heavy lifting (greater than 5 lbs), or exaggerated movements. Only perform physical activity as tolerated inside the house.
4. Make sure a family member goes pick up the medications already sent electronically to the pharmacy at Jane Phillips Hospital, unless another pharmacy is specified.
5. Do not submerge the wound under water under any circumstances such as tub, swimming pools or lakes until the wound is completely sealed.
6. Physical therapy (if indicated) will begin to take place when indicated by Dr. Villamil.
7. Resume all other medications normally once you get home, including blood thinners.
8. Do not take any anti-inflammatory medications (naproxen, ibuprofen, Advil, Aleve, Celebrex, etc) until allowed by Dr Villamil
9. You will be given an order for x-rays which you can walk in to any imaging center. These need to be obtained 2-3 days prior to your first post-op appointment. As always, be sure to bring the imaging disc!
10. Common signs and symptoms after the surgery are:
    -Difficulty to swallow
    -Phlegm and cough
    -Change of voice (hoarseness).
    -Spasms in the shoulders and trapezius.
    -Pain in the entire neck area and near the chest.

_____ _____

Patient Signature Date