

Postoperative Care

After Cervical Spine Surgery



Activities to Avoid

After Cervical Spine Surgery



Avoid sitting for extended periods exceeding 1-2 hours. If necessary, stand up and walk for about 3-5 minutes before sitting again.



Avoid repeatedly bending or lifting the head for a prolonged duration, as it can strain the neck muscles and potentially trigger muscle inflammation.



Avoid forcefully and rapidly turning the head, as it may lead to muscle injuries.



Avoid lifting objects heavier than 5 kilograms on either side, as lifting heavy objects causes the neck muscles to contract to assist in lifting.



Avoid strong impacts on the cervical spine or nearby areas.



Avoid engaging in sports or physical activities that involve frequent and repetitive bending, lifting or turning of the head, as it can put strain on the neck muscles and lead to injury.

Activities in the Early Weeks After Returning Home

Following Cervical Spine Surgery For General Cervical Spine Surgery

Week 1 and 2

- Do not maintain any one position for more than 1-2 hours.
- You can lift objects weighing up to 2 kilograms on each side.
- Engage in light physical activity.
- Take prescribed medications as instructed by the doctor.
- Care for your incision site according to the doctor's recommendations.
- Wear any supportive devices as recommended by the doctor.

Week 3 and 4

- You can resume regular household chores.
- You can lift objects weighing up to 5 kilograms on each side.
- You can exercise, with a focus on muscular stretching and strengthening exercises.

Months 2 and 3 After Surgery

You should be able to resume your daily life as usual, including participating in sports at a moderate pace like swimming and stationary cycling. However, if you still experience muscle tightness, it may take 3–5 months to improve. Your doctor will schedule periodic follow-up appointments to assess your progress, so it's important to follow their guidance closely.



Frequently Asked Questions

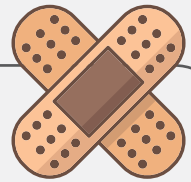
"After" Cervical Spine Surgery

When can the wound be exposed to water?

The wound can be exposed to water when it has healed sufficiently, which may take around 3 days with laser treatment or approximately 7–10 days with endoscopic surgery. Your doctor will assess the wound and inform you before you leave the hospital.



When will the wound heal?



If you receive laser treatment or other non-open wound treatments, it may take approximately 1 day for the wound to heal. In the case of treatments with open wounds or sutures, it might take about 7-10 days.

When should I come back to see the doctor after leaving the hospital?

This depends on the doctor's assessment of individual patients. In general, it's typically around 7-10 days.

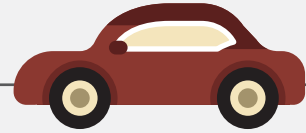


What are the signs of abnormal wound healing?



If the wound continues to be painful without improvement over time, if it becomes swollen, red, or warm, if you develop a fever, if there is any unusual discharge from the wound, or if you experience abnormal back pain, you should return to see your doctor.

Can I drive long distances?



You can start driving, and you should be able to drive longer distances after approximately 2 weeks. If you must travel long distances, it's advisable to avoid continuous driving and take breaks to change your posture periodically.

How should I sit in a car for long journeys?

When sitting in a car for long journeys, it's recommended to adjust your seat to recline more than usual to shift weight to the backrest and take breaks to change your posture periodically.



How long should I wear a supportive device?

For treatments like laser therapy or those without open wounds, wearing a supportive device is not necessary. However, for treatments involving open wounds or sutures, wearing a supportive device is typically required for 1-2 weeks or as determined by the doctor for each patient.

How should I exercise?

Patients can engage in exercises, with an emphasis on muscular stretching and strengthening exercises. It's advisable to avoid exercises with high-impact and repetitive bending, lifting or head rotation for extended periods.

Can I lift heavy objects?



5 kg

If necessary, you can lift heavy objects, but it's advisable not to exceed 5 kilograms on each side. If you can avoid it, it's recommended not to do so.

Can I play sports?



You can engage in sports as long as the sport does not involve impacts that could be dangerous to the cervical spine, and it doesn't require repeated or rapid bending, lifting or rapid head rotation. A sport that is highly recommended is swimming.



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