

Outpatient Discharge Instructions for Cervical Fusions

Summit Orthopedic Surgery

Dr. Michael Goldsmith and Andrea Elliott, PA-C

Activity

No lifting more than 15 pounds

Wear soft cervical collar at all times

No restrictions with sitting, standing, walking, or stairs

Incision Care

Remove outer dressing(s) in 2 days. Keep the Steri-Strips (surgical tape) on until follow-up.

Keep the incision(s) **dry** until follow-up. You may cover the incision with saran wrap or a waterproof dressing while showering.

Discharge Medications

Keflex 500mg, take 1 tablet by mouth every 6 hours for 24 hours (antibiotic)

Percocet 5/325mg, take 1-2 tablets by mouth, as needed for pain

Additional Medication: _____

Do not restart aspirin, blood thinners, or anti-inflammatory medications until advised by Dr. Goldsmith

Follow-up with Dr. Goldsmith in 7-10 days. Please call our office at 301-657-9876 to make an appointment.

Call our office immediately if you experience sudden weakness in the arms or legs, difficulty with balance, loss of bladder control, difficulty breathing, or a fever >101.