

# Discharge Instructions After Posterior Cervical Laminectomy/Fusion

**Mark Bryniarski, M.D.**  
**Presbyterian Neurosurgery**  
**201 Cedar St SE**  
**Suite 5630**  
**Albuquerque NM 87106**  
**Phone: 505-563-6399**  
**Fax: 505-563-6680**

1. Expect some incisional neck pain the first several days after surgery. Pain in the back of the neck and between the shoulder blades, arm pain or numbness may come and go for several months. Pain medications and muscle relaxants may be helpful.
2. Avoid NSAIDs (non-steroidal anti-inflammatory drugs; ex.: Motrin, Aleve, Advil, etc.) if you have had a fusion.
3. Your surgical dressing will be removed about 48 hours after surgery. Keep incision clean and open to air. Your skin may have been closed with regular stitches, or subcuticular stitches which are buried under the skin. In the latter case you may notice small pieces of tape called "steri-strips" or skin glue called "Dermabond". Let strips fall off naturally. If they remain on after two weeks, they may be removed by yourself or a family member. Skin glue will flake off on its own. Regular stitches need to be removed 7-10 days after surgery. If you don't have an appointment prior to leaving the hospital, please call our office.
4. You may shower about 72 hours after surgery. Do not bathe. Use baby shampoo for the first 4 weeks after surgery. Do not swim until cleared by Dr. Bryniarski.
5. Call our office when you develop: signs or symptoms of infection (redness, wound drainage, swelling, severe tenderness, severe back pain, fever > 101 F), new or worsening arm weakness or numbness.
6. You may require to wear a cervical collar for a few weeks or months after surgery. The collar should fit snugly. You should not be able to move your head or neck while you are to remain in the collar. You should, however, move your arms and shoulders! Wear the collar only when ambulating outside or riding in a car.
7. Do not drive as long as you are required to wear a collar. Do not drive while you still take narcotic pain medications.
8. Restrictions: no lifting more than 10 lb., no smoking, no vigorous physical activity.
9. Walking is an excellent type of exercise. It will speed up your recovery. Start slow at first, and gradually increase your activity and walking distance.
10. You will be seen by Dr. Bryniarski in his office usually about three weeks after surgery. If you don't have an appointment prior to leaving the hospital, please call our office. You may also require to have a post-op scan (XR-ray, CT or MRI) which will be arranged by Dr. Bryniarski's assistant who will call you with the appointment.