

Cervical Post-op Instructions

Anthony J. Muffoletto, M.D.

- **Follow up in the office 10-14 days after your surgery.** Please schedule this as soon as possible after leaving the hospital.
- **Leave collar on at all times.** Do **not** remove unless you are instructed to do so.
- You may take the collar off twice a day to **check the wound and change the top dressing.** However, leave the steri-strips in place until your first office visit.
- **Do not get the wound wet.** (You can use PSSSSSSST which is a waterless shampoo)
- **Do not lift, carry, push or pull anything** until you have been cleared by Dr. Muffoletto.
- **Exercise!** Walk as much as possible; try not to just sit around the house.
- **You may not drive** until cleared by Dr. Muffoletto.
- **After surgery you may still experience some neck pain and occasional arm pain, this is normal.** However, if it becomes more severe please call the office.
- **After surgery you may have some difficulty swallowing, this is normal.** You may have to stick to pureed or soft foods for a week or so.
- If you have a **temperature over 100°F or** if your **incision looks swollen, red, or draining pus**, please call the office.
- **Do not take any aspirin or anti-inflammatory medication** (i.e., Advil, Motrin, Aleve) for the first 6 weeks after your surgery because it decreases the healing process.
- **Keep head & neck elevated when sleeping for the first week after surgery.** A recliner works well. This helps keep any neck swelling to a minimum.
- **If you have any further questions, please contact the office.**

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