



(847) 303-1200

## Illinois Spine Institute Cervical Discectomy and Fusion Pre-Operative Information

### Pre-operative medical evaluation

Prior to your surgery, the doctor may have you see your primary care doctor for a pre-operative examination. You will also need routine blood work to be done, and possibly a chest x-ray and EKG depending on your age and medical conditions.

### Medication

You should take your normal medication leading up to your operation. **Avoid Non-steroidal anti-inflammatory medications (examples include Advil/Motrin (ibuprofen), Aleve (naproxen), Celebrex, and/or Aspirin) for 2 weeks prior to your surgery.** You will be given instructions on what medications to take following surgery.

### What to expect the day of surgery

Before your surgery you will be visited by the doctor, as well as the anesthesia staff. You will be taken back to the operating room where anesthesia will be administered. This process can take up to one hour prior to the start of surgery.

Following surgery you will be taken to the recovery room. The staff will work to make you comfortable, and once stable will transfer you to the your hospital room.

### What to expect following surgery

Following your operation you will be admitted to the hospital for observation. The feeling of a “lump” in your throat and a sore throat are normal following surgery. **Report any swelling of your neck, shortness of breath, or difficulty swallowing to your nurse.**

Once the pressure is off the nerve(s) in your neck, your arm pain, numbness /tingling and strength should improve, though this may take some time. Usually the pain improves first, the strength improves second, and the numbness/tingling may take some time, and possibly will not completely resolve. Return to work is variable and depends on the type of work you perform.

### What to watch for after surgery

- Neck swelling, difficulty swallowing or breathing
  - Fever and or chills
  - Redness or warmth around the incision site
  - Changes in strength or sensation to your arms and or legs
  - Loss of bowel or bladder control or inability to urinate
- \*Call our office immediately if you have any of these symptoms.**

If there are any questions or concerns, please feel free to call our office.

**Thank you for choosing the Illinois Spine Institute**

**Your choice for comprehensive Spinal Care**