

**Jeff Pan, M.D.
Neurosurgery
1101 Amboy Ave
Edison, NJ 08837**

**POSTOPERATIVE INSTRUCTIONS:
CERVICAL DISCECTOMY/FORAMINOTOMY/FUSION**

- **After discharge from the hospital, call Dr. Pan's office at 732-205-9110 to schedule a post-operative appointment approximately 1 week after surgery.**
- **Do not apply bandages, lotions or ointments to the surgical wound. Keep the incision dry. Do not scrub or scratch the wound. If staples are present they will be removed at the post-op visit. If the incision is closed with steri-strips, allow them to fall off by themselves. Dr. Pan will remove them at the post-op visit if they do not fall off.**
- **Cervical fusion patients must wear the hard cervical collar while in the car for 6 weeks. It may be removed for showering only. Patients may shower the day they arrive home from the hospital but must remove the collar and cover the wound with plastic wrap for the first 7 days. After 7 days, you may let the water run over the wound and pat it dry. Do not sit in a tub or pool for approximately 4 weeks.**
- **Postoperative restrictions include no lifting objects weighing over 10 lbs, avoiding excessive bending at the waist and no driving for 2 weeks, then start by driving only for short distances.**
- **After you are discharged home, gradually increase your activity level each day, with frequent rest periods. Patients are strongly encouraged to walk daily. Over 1-2 weeks patients should progress to walking at least an hour each day (three or four, 15-minute walks are adequate). No stretching, exercising or physical therapy until cleared by Dr. Pan.**
- **Call Dr. Pan's office for signs of swelling, drainage from the wound or fever above 101 degrees at 732-205-9110.**
- **Disability forms may be faxed to Dr. Pan's office at 732-205-9120.**