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Discharge Instructions for Dr. Rosenthal's Patients

Anterior Cervical Surgery (Back of the Neck)

1. Keep the Philadelphia (pink foam) collar on at all times.
2. You can shower when you feel comfortable, standing as long as you can with the collar on. Change into the other dry collar when done.
3. Keep the dressing on.
4. Stay at home, but get up and move about. You may go outside, but no traveling in a car.
5. Do not lift over 5 pounds
6. Follow up (return to the office to see Dr. Rosenthal) in 3 weeks after surgery.
7. Do not use anti-inflammatory medicines (such as Aspirin, Motrin, Aleve, Advil, etc.) for 3 months after surgery.