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## **Discharge Instructions for Dr. Rosenthal's Patients**

### **Posterior Cervical Surgery (Back of the Neck)**

1. Keep the Philadelphia (pink foam) collar on at all times
2. Keep the dressing on and dry
3. Stay at home, but get up and move about. You may go outside, but no traveling in a car
4. Do not lift over 5 pounds
5. Follow up (return to the office) with Dr. Rosenthal in 10 days after surgery
6. Do not use anti-inflammatory medicines (such as Aspirin, Motrin, Aleve, Advil, etc.) for 3 months after surgery