



## VALLEY ORTHOPAEDIC SPECIALISTS

**Gary R. Richo, M.D., Ph.D.**

General Orthopaedics  
Foot and Ankle Surgery

**Ignatius Komninakas, M.D.**

General Orthopaedics  
Total Joint Reconstruction

**Scott Waller, M.D.**

General Orthopaedics  
Orthopaedic Surgery

**Mark Blechner, M.D.**

Orthopaedic Spine Surgeon

**Arthur G. Geiger, M.D.**

General Orthopaedics  
Sports Medicine

**Megan Gleason, M.D.**

General Orthopaedics  
Sports Medicine

**Chanakya K. Jandhyala, M.D.**

Orthopaedic Spine Surgeon

**Sean Muldoon, PA-C.**

General Orthopaedics  
Physician Assistant

**Jason Nobrega, PA-C**

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## POST-OP ANTERIOR CERVICAL DISC FUSION INSTRUCTIONS

1. You will wear the cervical collar for 1 day following your cervical fusion disc fusion, and then you may remove it.
2. You may remove your outer dressing the day after your surgery; keep your Steri-strips on until your follow up office visit 2 weeks after surgery.
3. Do NOT get the incision wet until after your follow up appointment. Showering is allowed but keep the incision covered with Saran wrap and change dressing afterwards.
4. NO Aspirin, NSAIDS, Ibuprofen (Advil, Motrin), Naproxen (Aleve) for 3 months post-op as these interfere with bone fusion. If you have pain you MAY take Acetaminophen (Tylenol) or the Percocet and Valium prescribed to you.
5. NO heavy lifting of objects until cleared by your physician to do so.
6. NO driving for 6 weeks post surgery.
7. Physical Therapy may be started by your physician but not until you are cleared to do so, usually not until 2 months post-op.
8. You will be given a bone stimulator by your physician to wear 4 hours per day for the next 3 months to enhance bone healing. Contact (Orthofix) at 860.306.6364 to arrange for fitting of a bone stimulator and for any questions regarding its use.
9. NO SMOKING. Smoking will interfere with bone graft healing.