



DR. HUANG POST-OPERATIVE INSTRUCTIONS: POSTERIOR CERVICAL MICRODECOMPRESSION

- Please see Dr. Huang at 6 weeks postoperatively.
- Wear collar for 2 weeks. Collar can be removed to shower and during meals.

ACTIVITY

- Minimize cervical bending/twisting, or lifting more than 10 pounds for the first 6 weeks.
- Ambulation is encouraged. You may use stairs if needed.
- May start elliptical trainer, stationary bike exercise 2 weeks postop.
- No weight lifting, running, or sports until at least 6 weeks postop.
- Physical therapy is optional and may start after the 6 week checkup.
- No driving for 2 weeks.

INCISION CARE

- Stitches are self-dissolving, no suture removal is necessary.
- Please shower daily after you are discharged from the hospital. Remove bandages (leave Steri-strips or Dermabond in place) and take a 5 minute shower. Wash the incision gently with soap and water. Immediately after showering, dry the incision and cover with dry gauze and medical tape (available at CVS) or a large Band-Aid. Change your bandages once daily when you shower. Do not put anything on the incision except a clean, dry bandage (no ointments, lotions, etc.).
- After 14 days, it is no longer necessary to put bandages over the incisions.
- If the incision is draining any fluid more than 10 days after surgery please call the office.

MEDICATIONS

- Take pain medication only as needed for pain. Gradually decrease the amount of narcotics used to avoid dependency and side effects. Most patients do not need narcotic medication after 1-2 weeks. Do not take anti-inflammatory medication such as ibuprofen or naproxen for 5 days after surgery.
- You may take Tylenol as needed for pain.

If any additional questions, please call us at (212) 606-1634.