



Dr. Jamie Gottlieb, MD

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Dr. Jamie Gottlieb's Post-Procedure Discharge Instructions for an Anterior Cervical Disc Replacement.

Office number: 469-528-1169

1. Wear the Aspen soft collar 24-7 for 2 weeks or unless otherwise specified by Dr Gottlieb. You should have a follow-up appointment for 2-3 weeks after your date of surgery with Dr Gottlieb and the office will schedule cervical x-rays for you prior to your visit.
2. Your stitches are under the skin; they will dissolve on their own. You will have Steri Strips over the incision, please leave them on until you see Dr Gottlieb.
3. Please keep your incisions clean and dry the best you can. You can take a shower 48 hours after your surgery, NO BATHS. Before showers put plastic cellophane or Tegaderm over top of the bandage. After showering remove the Tegaderm or cellophane. Gently dab your incisions dry, then Betadine over top of the Steri Strips, and place 4x4 gauze dressing on incisions with Medipore tape.
5. DO'S and DON'T'S:
 - *Walking is good, it will help ease soreness and speed your recovery. Slowly increase the distance you walk to help build your strength back.
 - *Avoid sitting more than 30 minutes in the same position. Get up and move around Frequently.
 - *No driving for 2 weeks. You may be driven but try to limit trips in car initially.
 - *DO NOT LIFT anything greater than 10 LBS (weight of a gallon of milk) or perform strenuous activities. No repetitive over the head motions with your arms.
6. THINGS TO WATCH FOR: You should call the office if any of these occur:
 - *Fever (reading greater than 101.5).
 - *Severe pain that is worsening.



*Redness or drainage from your incision.

Please feel free to call the office with any questions: 469-528-1169