

Care for your Neck

Please adhere to the post-discharge care instructions strictly until you have seen the physiotherapist/doctor in the outpatient clinic. This is to ensure that you have a successful recovery.

Neck	<input type="radio"/> Left	<input type="radio"/> Right
Condition/ Surgery	<input type="radio"/> Disc replacement <input type="radio"/> Discectomy & fusion <input type="radio"/> Corpectomy & Fusion <input type="radio"/> Laminoplasty <input type="radio"/> Laminotomy / Foraminotomy <input type="radio"/> Others: _____	

What should be expected?

It is normal to experience pain and swelling after surgery. You have been prescribed medication to cope with post-operative pain. Consume your medication as prescribed if the pain affects your sleep, ability to perform your usual routine or participation in post-operative exercise.

You may also experience muscle weakness or numbness immediately after surgery. Monitor your symptoms and inform the doctor if it worsens.

How else can I manage my pain?

Cryotherapy (cold therapy)

The application of cryotherapy for about 20 minutes over the area of surgery can help with pain relief and reduction of swelling. It is advisable to use it at least 3 times a day after surgery.

Precautions (*strike off inappropriate and tick those appropriate)

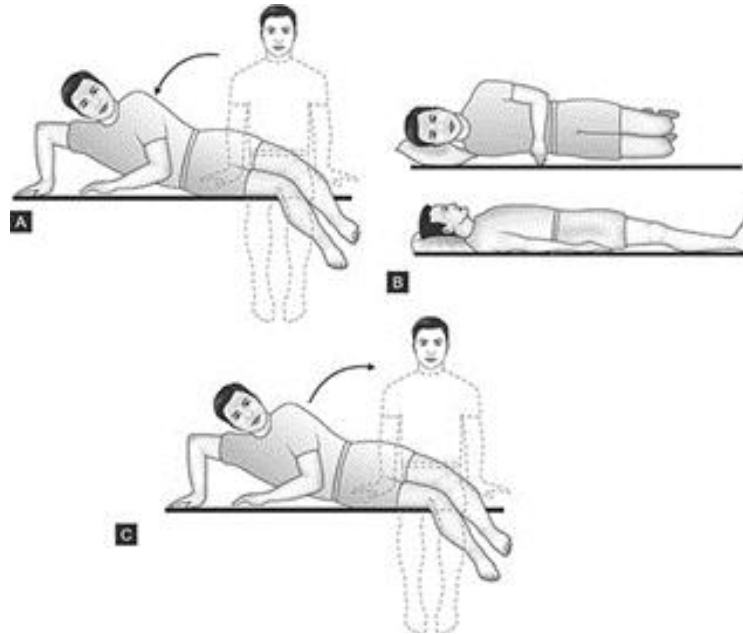
<input type="checkbox"/>	Do not bend or twist your neck until your doctor has given his/her permission.
<input type="checkbox"/>	Do not reach above your shoulders. Get help from your family members.
<input type="checkbox"/>	No weight supporting: Do not lift, push, pull or bear weight through your operated arm.
<input type="checkbox"/>	You are only allowed to lift/carry objects until your doctor have given his/her permission.
<input type="checkbox"/>	You may have some difficulty with speech and swallowing after surgery. Listen to the doctor's or speech therapist's advice for eating and drinking.
<input type="checkbox"/>	Do not participate in any activity that may increase your risk of falling
<input type="checkbox"/>	You may move as tolerated, avoiding movements or activities that present with discomfort for now until you're feeling better.
<input type="checkbox"/>	Avoid sitting for longer than 45 minutes at a time. Take breaks often to get up and move around or lie down before sitting again.

Physical activity after surgery (*strike off as appropriate)

	If your walking is unsteady, always seek assistance when you are walking. You may be prescribed with a walking aid before discharge from the hospital.
	You may be provided with an individualized exercise sheet to be performed after surgery. You should not be doing other exercises that are not prescribed by your post-operation physiotherapist/doctor. This is to ensure that you do not do excessive/unsafe exercises for your specific condition.

How should I be moving?

Getting up from bed and sitting over the edge of bed: To consider log rolling in the initial stage to manage the pain; otherwise as advised by your physiotherapists/ orthopaedic doctor.



Standing up from the chair: To consider supporting with your arms in the initial stage to reduce exertion; otherwise as advised by your physiotherapists/ orthopaedic doctor.



Attending outpatient physiotherapy after discharge from the hospital

The medical team has scheduled you for an appointment with the outpatient physiotherapy department to continue with the next stage of your recovery. It is very important that you follow up to achieve the best outcome. Bring your exercise sheet along with this educational brochure on your initial visit.

If you have any queries, this is a good opportunity to seek advice with your physiotherapist/doctor. In the meantime, it is important to follow this guide until you attend your outpatient physiotherapy appointment.



Contributed by Physiotherapy, Rehabilitation, Allied Health Services

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of December 2023 and subject to revision without prior notice.



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