

It is not necessary to pack a large amount of belongings for your hospital stay. A light bag with toiletries, change of underwear, and things such as your glasses case/denture cup/etc. is all that you should need. Chapstick can be helpful for dry lips after surgery. Shirts that button/zip are more appropriate for cervical (neck) surgery. If the plan is for you to go to Rehab after the hospital it is a good idea to have a bag packed and ready at home for your family to bring to you once you get to Rehab.

\* If you are having any kind of implant during surgery it is recommended that you tell your dentist of this implant. Dental procedures can release bacteria from your mouth into your blood stream and these bacteria can possibly go to the implant to live and grow. Your dentist may prescribe an antibiotic that you take prior to any dental procedure (including teeth cleaning). **Please discuss this matter with your dentist.**

\*Please try to call 48 hours in advance of needing any medication refill

\* Remember: **Do not take anti-inflammatories** (Aspirins, Ibuprofens, Aleve, Advil, Excedrin, Celebrex, Mobic, etc.) **for 6 weeks** after surgery or until you are released by your surgeon to do so.

\* Pain Expectations - After lumbar surgery you may have occasional low back pain for 3-6 months with gradual resolution. After cervical surgery, you will have predictable muscle pain (in neck and shoulders) for up to 6-12 weeks post-operatively. It is also common to experience nerve pain and sensations that are similar to before your surgery or new “nerve” pains that you did not have before surgery. These pains/sensations are expected and will resolve over time as the nerves heal. After all surgeries, inflammation is a natural process of healing. We cannot and do not want to block this process. Please know that we can manage your pain but we cannot stop **ALL** of your pain. With each passing day, you will get stronger and simply need to be patient as nature takes its course. The good days will eventually come more often as the “bad days” get further apart.