

**OrthoVirginia Pain Management Suite**

5899 Bremono Rd.

MOB West 1st Floor

Richmond, VA 23226

**Cervical Fusion**

- You can expect at least one night in the hospital. This may change based on your status following surgery.
- You will NOT be given a cervical collar unless you have a POSTERIOR cervical fusion.
- Dr. Herzog uses neuromonitoring during all cervical procedures. This monitors the function of the nerves during surgery. You may get a separate bill for this. If you receive a bill, please contact NuVasive at 1-866-702-1790 and they will be able to help you sort this out.
- You may have difficulty swallowing or be hoarse for 2-4 weeks post-op.
- You may have an increase in pain in the shoulders and the top part of your back following cervical surgery. You will be prescribed your post-op pain medication and a muscle relaxant to help with this.
- You may have arm pain or numbness and tingling that comes and goes during your initial post-op period as the nerve relearns its job.
- If you notice an increase in drainage from your incision, redness or swelling at the incision site, please notify us immediately.
- Once you remove your dressing, you will notice a piece of clear sticky mesh on your incision. Do not remove this, it will come off on its own.
- You may NOT take anti-inflammatory medications for 3 months post-op.
- No lifting more than 20 pounds until seen for post-op and no extreme flexion or extension of the neck.
- You will not be able to return to work until cleared in the office after your surgery.