What to Expect About a Cervical Fusion

Commonly Asked Questions

Patients want to know:

* How long does this surgery take?
  1-3 hours (based on # of levels to be performed)
* How long will I be in the hospital?
  Overnight stay (depending on how you feel possibly home the next day)
* When can I return to work?
  Approx. 2-6 weeks after surgery or longer (Depending on your occupation and possibly part time to begin with)

The Day of Surgery

Bring with you:

* Cervical collar (if provided)
* All routine medications and/or inhalers (in the original bottles)
* Check in to the registration area at the hospital (You’ll be taken to a surgical holding area)
* The Anesthesiologist will discuss surgery with you before you are taken to the operating room
* After surgery: Dr. Sherban will visit with your family members in waiting area
  Patient will be monitored in the recovery room for 1 hour
  * PLEASE tell your family they are NOT allowed in the recovery room; they can join you after you are transferred to a hospital room.

Hospital Stay

Family Members:

* Prescriptions:
  Rx will be written on your chart for you to take home and fill
  * Discharge plan depend on: Pain levels following surgery
  Nurses or PA’s will inspect the incision
  *Most patients are able to go home near lunchtime

** Before your pre-surgery appt is done, you must have your pre-op labs performed

Pre-Op Instructions

* Medical Clearance may be required
* Dr. Sherban’s Medical Secretary Jamie. will schedule the surgery times and dates (P: 716-447-6310 ext 2)
* Return to see Dr Sherban for detailed pre-surgery appt:
  -to receive your cervical collar (if indicated
  -sign consent form(s) & further review procedure information and recovery process
  -write down a list of any questions you may have & bring it with you

Sherban Orthopaedics and Spine Surgery, PLLC
2914 Elmwood Ave, Kenmore, NY 14217
55 Spindrift Drive, Williamsville, NY 14221
3673 Southwestern Blvd, Orchard Park NY 14127

“Start to Finish”
Decide to have surgery and Understand the Process
What to Expect Following a Cervical Fusion

0-2 weeks after surgery

Cervical Collar:
Wear it at ALL times
(while sleeping and driving)
* If skin becomes irritated you may remove your collard in a SAFE & QUIET environment.
(ex: watching TV) *NO children or dogs jumping on you.
*Limit your driving.
Drive only if you have to.
* Sore Throat: Initially your throat may feel sore.
Drink de-caffeinated liquids.
(This helps the swelling subside)
Elevate your head while sleeping; resting
Throat spray or lozenges may also help
*Showering: You can take your 1st shower 2 days after surgery.
DO NOT apply any ointments to the incision (If it becomes wet, blot with a towel)
*If any swelling develops around the incision, notify our office immediately.
*NO lifting! “No more than a gallon of milk”
*Limit twisting and bending. Take it easy!

2-6 weeks after surgery

At your 1st appt. to follow-up clinic:
* Post-op x-rays will be taken and reviewed
Cervical Collar Assessed
*Typically it will be discontinued after 2 weeks (Dr. Sherban may extend use if necessary)
*Driving ok if/when you feel capable and when you are NO longer taking Opioid pain medications.
*Expect to feel a little weak or tired but you are getting stronger everyday.
Range of Motion exercises will help!
*Physical Therapy will be needed.
*You may have some pain, numbness, or tingling in your neck and arms. With ongoing neck care, you will be able to resume most, it not all, of the activities you enjoy.
It takes time to heal
*Don’t try to overdo it!
Work
*You may return to work depending on your occupation approx 2 wks to 6 wks after surgery and possibly part time to begin with.

3 months after surgery

Remaining follow up visit(s):
*Post-op X-rays with be taken, reviewed and repeated at each 3, 6, or 12 month follow up visits

Most post-op patients may:
*resume sports, activities, golf, etc.
*ALWAYS be aware of what aggravates your neck.
DON’T OVERDO IT!
* It does not take much to aggravate your neck, with or without surgery.

Post-Op Instructions

The Morning After and Initial Days Post Surgery:
1. Dr. Sherban or nurses will: examine you, draw labs and remove a drain from your neck (if present) and inspect your incision at that time.
2. You awake wearing your cervical collar. It MUST be worn when you get out of bed, a physical therapist will assist you.

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AUTHORIZATION TO RELEASE MEDICAL INFORMATION

PATIENT NAME: ____________________________________________

ADDRESS: __________________________________________________

DATE OF BIRTH: _____________________________________________

The undersigned hereby consents to and authorizes the release of all medical reports, hospital records, and X-ray films concerning my physical condition, past and present by ___________________________________________ and their employees.

The information to be disclosed shall be limited to the following:

Office Reports ( )
Other ( X ) Please list: ALL MEDICALS ON FILE

This disclosure is made for the following purpose:

Continued Care ( X )
Legal ( )
Other ( ) Please specify: ___________________________________________

I specifically authorize the release of this information to: Ross Sherban D.O., and his employees, or any person authorized by him/her to examine any of the aforesaid records. This Authorization is subject to written revocation at any time except to the extent that action has been taken in reliance thereon.

Phone: 716-447-6310        Fax: 716-775-6288

This Authorization is limited to the furnishing of the above records only and shall not be construed as authorizing you to communicate orally or in writing concerning my medical condition other than for the purpose of furnishing records.

Signature: _________________________________________________

Date: ________________________________________________
**“CIRCLE OF PAIN”**

By: Ross Sherban, MD

**CAUSES OF NECK AND BACK PAIN**

- STRESS
- ARTHRITIS
- AGE
- SKIN / FAT
- MUSCLES (DE-CONDITIONED)
- LIGAMENTS (BURSITIS)
- SPINOUS PROCESS (BONE)
- FACET JOINTS (BONE)
- SPINAL CANAL “TOO TIGHT” (STENOSIS)
- INFECTION
- SACRO-ILIAC JOINT (SI)
- VERTEBRAL BODY (BONE)
- DISC BULGES
- PAINFUL DISC
- DISC DISEASE (WORN OUT)
- DISC HERNIATION (HNP)
- NERVE PRESSURE

**TREATMENT OPTIONS**

- **INJECTIONS:** Typically steroids, you’ll maybe need 1 or 2 injections depending on your response to them.

- **TIME:** People don’t want to hear it but it helps. It may also cause nerve damage if you wait too long.

- **SURGERY:** Will depend on what you complain about, what your x-rays, MRI, and CT scans reveal. It is not a cure for all pain.

- **Meds: “THE RIGHT TYPE”**
  1. **PREDNISONE:** Short term only - the best for inflammations and arthritis. If the inflammation goes down, the pain will typically go down.
  2. **FLEXERIL:** Muscle relaxer to help spasms
  3. **LORTAB:** Pain medication; Dr. Sherban will NOT prescribe long term.

- **MODIFY YOUR ACTIVITY:**
  1. If it hurts, stop doing it for a while.
  2. Be aware of what triggers your back pain.

- **GET IN SHAPE:**
  1. Cardio: lose weight and get rid of stress (spin classes, bikes, elliptical, walking)
  2. Yoga: great for stretching your muscles

- **PHYSICAL THERAPY:** Typically 2-3 x a week for 3-4 weeks depending on your schedule. Sometimes aggravates arthritis.

- **DX:** Determine diagnosis and need a MRI scan