

## **DOs and DON'Ts for a Positive Recovery**

**Above all , if any activity causes an increase in pain, *STOP* doing it!**

**DO** wear your collar or brace as directed by your provider. Make sure you are fully aware of the instructions regarding the brace or collar you were prescribed before you are discharged.

**DO NOT** stay in bed all day once you are home; doing so puts you at risk for several complications that will slow your recovery .

**DO NOT** use your time off after surgery to catch up on household chores and physical work.

**DO** change positions about every 30-45 minutes; if you're sitting, get up and walk around a bit, even if it is just to the bathroom.

**DO NOT** bend, twist or lift more than 10 lbs (about a gallon of milk) until your follow-up with your provider.

**DO NOT** drive until cleared to do so by your provider; minimize long trips in the car until you have followed up with your provider.

**DO** sleep on your side or your back if comfortable; use pillows for support. You may choose to sleep in a recliner during the first few days home after neck surgery for comfort.

**DO** remember to use the "log roll" technique when getting in and out of bed. Keep your knees bent when rolling. See the proper technique on page 23.

**DO NOT** do any exercising other than walking until you are cleared to by your provider.

**DO** make sure you contact our office 3-4 days before you run out of any pain medications to ensure that you have enough when you need them. We do **NOT** refill prescriptions on the weekends.

**DO** be sure to drink at least **8 glasses** of water daily. Increase your intake of fruits and vegetables every-day to help prevent constipation.

**DO** take all stool softeners as prescribed to prevent constipation which can lead to increased discomfort.

**DO** use this guidebook as a reference throughout your entire surgery recovery, clarify any questions you have with your Neuroscience Group Spine Team.

***No matter what the question or concern is contact your  
provider's office as the FIRST step. (920) 725-9373***

