



Take the patient the packet designated for his/her type of surgery.
Let the patient read and sign the forms that are loose in the folder.
10 days prior to surgery....patients must STOP all blood thinning medications.

ACDF SURGICAL DISCUSSION

The patient will stay one night in the hospital. The procedure takes about 1 hour for the first two levels and 30 minutes each additional level. A week or two prior to the surgery, Medical clearance appointments may need to be set up. The patient will be notified of these appointments.

Describe the surgical cut and that when he/she wakes up after surgery there will be a small tube from the neck incision going to a plastic bulb to collect the blood (which is minimal). This will be removed the next morning after surgery. Steri strips will be covering the incision. They can be removed 10 days after surgery if they haven't already fallen off. The patient is not to apply any lotions or ointments to incisional area.

Tell the patient not to be discouraged if he/she is still experiencing painful symptoms.
Sometimes it takes time for the nerves to "discover" they are no longer being pinched.

The patient should avoid all milk products, hard breads and tough meats. Swelling is normal for this surgery. Icing the area is highly encouraged about 20 minutes out of an hour. Eat popsicles, sherbet to keep the internal swelling down. The patient may have difficulty swallowing medications....take with applesauce. Put head down to the left to help with swallowing.

Dr. Spencer may suggest a cervical collar, if so follow his instructions. Let the patient know he is not to use any vibratory machinery. No lawn mowing or vacuuming, sweeping, mopping etc.

Let the patient know that someone from Orthofix will call him/her concerning a device called a Bone Stimulator (if the patient has more than one level done). This device is worn 2-4 hours daily (the rep will explain) to help stimulate bone growth.

Let the patient know he may call the office after reading the material that is in the packet if he/she has any questions at all.

