

Excelencia en Salud al servicio de la comunidad

HOME CARE INSTRUCTIONS

CERVICAL CORPECTOMY

Removal of a vertebra from the spine



PHYSICAL ACTIVITY

- Start your daily activities gradually, avoiding movements that require much effort: lifting heavy objects, running furniture, going up or down stairs. frequently.
- Take short walks with your caregiver.
- Avoid prolonged bed rest.



DIET

- The first days, follow a soft diet (puree, ground meat, soups, gelatin), drinking plenty of fluids.
- If you have diabetes or hypertension history, continue your usual diet.
- Avoid smoking or drinking alcoholic beverages.
- To relieve pain or discomfort when swallowing, drink cold liquids.

POST-SURGERY CARE

February 2021



RECOMMENDATIONS FOR THE WOUND

- Continue your daily bathing routine with soap and water, avoiding wetting the dressings and bandages that cover the wound.
- Do not make any sudden neck movements.

CHECK WITH YOUR PHYSICIAN IF YOU HAVE

- Temperature above 38.8°C.
- Persistent pain.
- Heavy bleeding or discharge with pus.
- Progressive swelling or redness around the wound.
- Headache or vomit.
- Progressive weakness of legs or feet and difficulty in walking
 - * It is normal to feel pain.

APPOINTMENTS

- The surgeon will have to evaluate you approximately 10 days after the surgery.
- Request your follow-up appointment in advance at 331 9090 ext. 7981.
- You can request the printing of your images at the Diagnostic Imaging service.

