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DISCHARGE INSTRUCTIONS FOR DR. MORADI'S PATIENTS:
ANTERIOR CERVICAL DISCECTOMY & FUSION (ACDF)

1. Please call the office and make an appointment with Dr. Moradi for 14 days from the date of surgery.
2. Patients may shower **72 hours** after surgery, unless instructed differently by Dr. Moradi. The paper tape on the incision will fall off during soapy showers. If it hasn't, please remove the tape in one week.
3. At all times, keep the incision **clean and dry**. Do not put any medications on the incision. **Please call the office if you notice any of the following:** 1) skin color change around the incision, 2) drainage from the incision, 3) fever, 4) fluid collection around the incision, 5) medication reactions. The answering service can also reach Dr. Moradi.
4. **No lifting over 5 pounds for 8 weeks.** No prolonged sitting in a chair/ behind a desk or computer. Do not climb stairs, since you have to look down. No vigorous activity, especially heavy exercising, jumping exercising, or weight lifting. Pay attention to your posture, sit up erect
5. Small **periods of walking are encouraged** several times a day, or walking in the mall is acceptable.
6. **No driving, travel, or work** permitted until after first post op visit in 1 week.
7. Take your prescribed medications by Dr. Moradi. If medication refills are required, contact your pharmacy and they will call the office on your behalf. Do not resume certain medications after surgery without checking first.
8. **Wear your cervical collar for 3 days following surgery.** After 3 days, you are encouraged to slowly rotate your neck to the left and right several times a day.
9. **No flexion & extension** of the neck (no up/down motion) **or lateral bending** (ear to shoulder motion) for **8 weeks**.
10. No elective procedures of any kind while postoperative (8 weeks). This includes dental procedures/cleanings, colonoscopies, etc.



