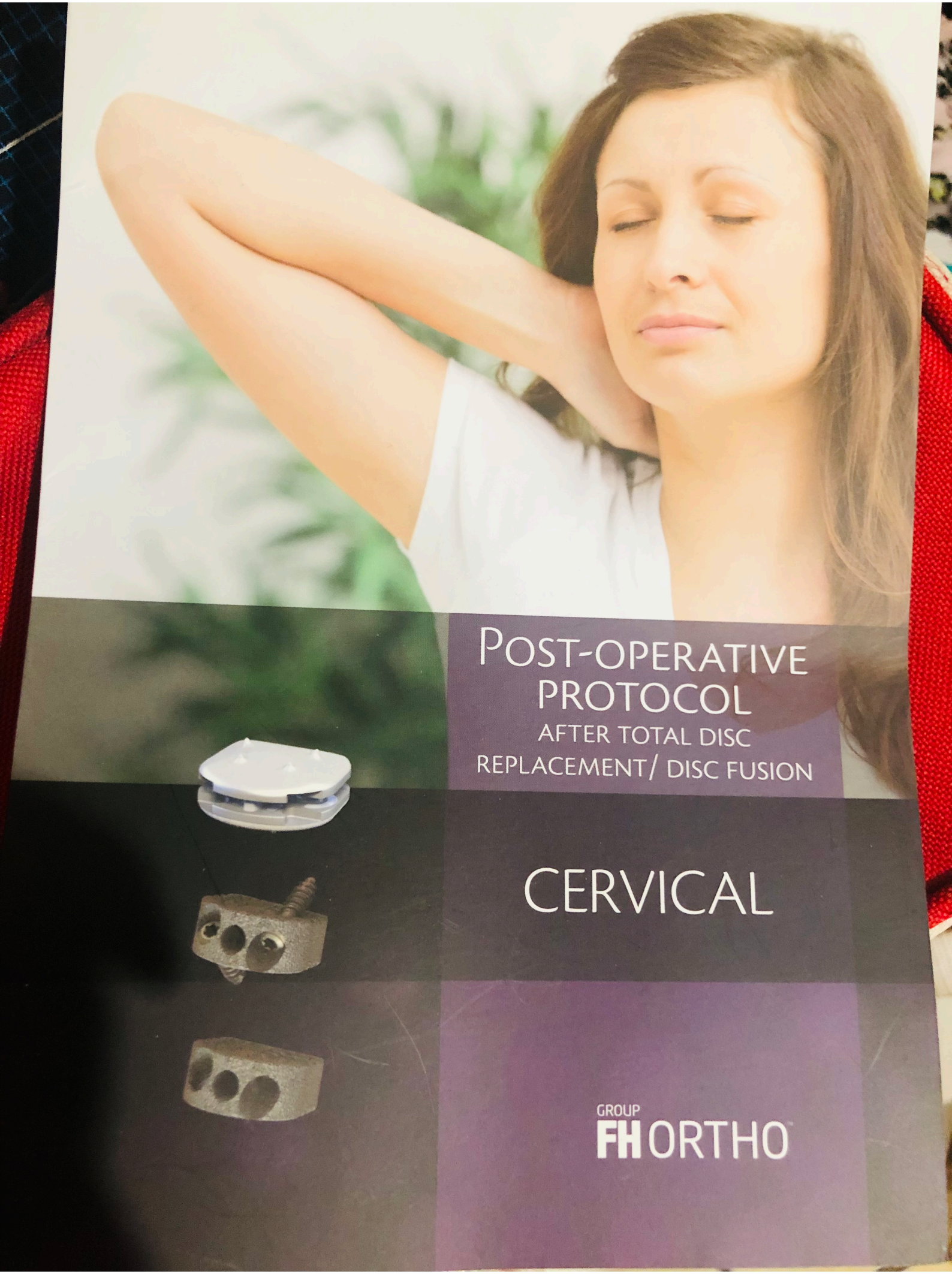

POST-OPERATIVE PROTOCOL
AFTER TOTAL DISC REPLACEMENT/ DISC FUSION
CERVICAL
GROUP FH ORTHO



POST-OPERATIVE PROTOCOL AFTER TOTAL DISC REPLACEMENT/ DISC FUSION



Dear patient,

This protocol has been prepared to remind you of the important recommandations after total disc replacement or disc fusion using cages.

After surgery, it is important to be conservative with your authorized daily activities and not to rush back this way you'll ensure safe recovery.

Surgeons need to inform each patient for specific protocol adapted to them.

Surgeons recommandations must always prevail over this protocol.

Durations indicated in this protocol may vary according to the patients or specific indications.

Anyway, surgeons recommendations prevail over this protocol which is only a guideline.

GENERAL

- Move your neck in normal range motion.
- Your individual pain threshold determines the speed of your mobilization. Please mind your body.
- Walking:
  As soon as possible after surgery.
- 3 weeks foam cervical collar:
  Day and night.
- Following 3 weeks foam cervical collar:
  night.

NOT ALLOWED FOR THE FIRST 3 MONTHS

- Forced impulsive manipulation of your spine.
- No crunches
- No sit-ups

DRIVING

- As a passenger for the first 3 weeks.
- As driver after authorization by your surgeon.

LIFTING

- No more than 5 kg for the first 4 weeks.
- No more than 10 kg for the following 4 weeks.

MEDICATION

- Pain medication as prescribed by your surgeon.

SPORTS

- **Swimming:**
  - 3 months after surgery: all styles except butterfly,
  - 6 months after surgery: butterfly.
- **Cycling:**
  - After 3-4 months with a high handlebar.
- **Weight training:**
  - After 8 weeks and initially only with qualified supervision,
  - Mixed weight and endurance training: small weights and high number of repetitions.
- **Squash, skiing, tennis, golf:**
  - After 6 months: if problem-free and after good preparation.

SEXUALITY

- Disc replacement or disc fusion require taking precautions during sexual relations: ask your surgeon.
- Avoid every forced or painfull movement

WASHING

- Shower: the day after having the stitches removed.
- Use a waterproof plaster for stitches for showering.
- Bathing: from 6th week after surgery.

HAIR DRESSER

- After 6 weeks.
- Specific care needs to be taken at the hair dresser, especially at the shampoo sink, avoid hyper extension (ask your surgeon).

OUTPATIENT TREATMENT

- Regular wound controls.
- Reduction of pain medication.
- Removal of stitches from the 10th day after surgery.

PHYSIOTHERAPY (ONLY IF AND WHEN AUTHORIZED BY YOUR SURGEON)

- **Back school:**
  - Daily activities, relaxation,
  - Isometric tension exercises,
  - Healing by strengthening partially paretic musculature,
  - Stabilizing exercises,
- **Limited range of motion:**
  - Flexion, extension and lateral bending until authorized by your surgeon.