Ortho Nebraska

Protecting Your Neck

Precautions



Avoid neck extension.



Avoid neck flexion.



Avoid tilting your head to either side.



Avoid turning your head to either side.

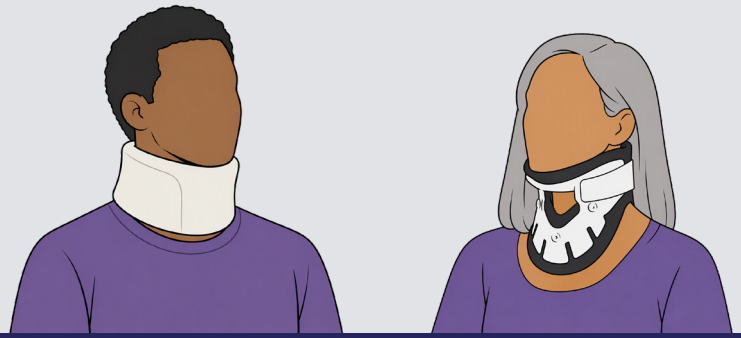


Avoid lifting more than 10 lbs.



No driving until cleared by physician.

Cervical Collar



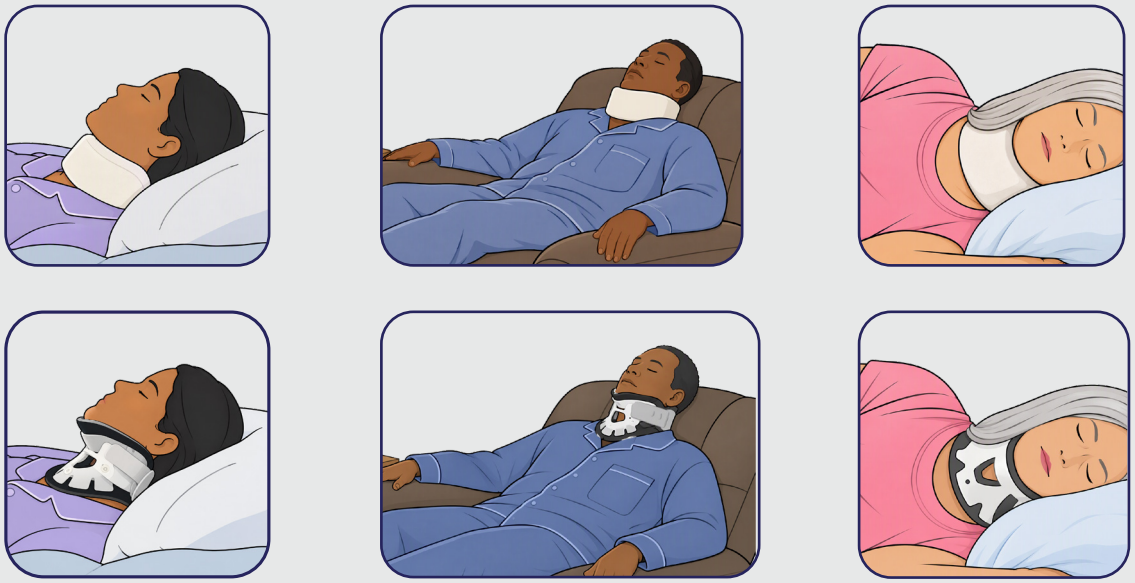
Your collar is to be worn at all times except for bathing and shaving the face.

Appropriate collar fit includes:

- A snug fit, not too tight nor too loose.
- Resting under your jaw with chin on top of collar.

Sleeping and Positioning

You may sleep in a bed or a recliner, wherever you can get most comfortable.



Swallowing, Eating, and Nutrition

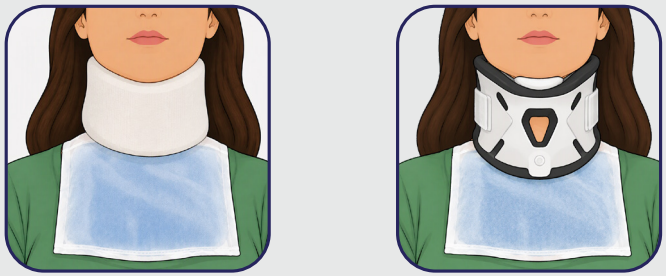
- Sore throat/hoarse voice are common for 1-2 weeks post op
- Soft diet is best, advance as tolerated
- Take small bites and chew food completely before swallowing
- Increase protein for healing - soft proteins (protein shakes, Greek yogurt, cottage cheese)
- Continue to use incentive spirometer given post op to help bring up any secretions and prevent post op pneumonia

Activities of Daily Living

- Wear the collar while getting dressed
- Looser shirts (button front or pullover) work best
- Collar may be off for showers, however ensure you avoid neck movements while in the shower
- A handheld showerhead can be helpful for hair rinsing
- Avoid repetitive bending or stooping
- Avoid carrying bags/purses/backpacks over your shoulders
- You may need assistance with laundry, lawn care, housekeeping tasks, and pet care

Icing

Ice the front and back of the neck for at least **20 minutes, 3 times a day.**



Nebraska Orthopaedic Hospital, LLC & OrthoWest, LLC are each operating under the name OrthoNebraska.
For more information, visit OrthoNebraska.com/legal.

Questions? The Nurse Navigation team can be reached Monday - Friday 8 AM to 4 PM at (402) 609-3256.