

*Wichita Mountain*  
*Neurosurgery*  
*& Spine*

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**GOING HOME AFTER CERVICAL LAMINECTOMY OR LAMINOPLASTY SURGERY**  
**A Brief Guide to Aid in Your Recovery**

There is always pain with this procedure. Most of this pain comes from the muscles in the back of your neck. When you are holding your head up, you are working these muscles. Therefore, rest by laying back on soft support regularly and the pain will be less. These muscles will heal, but this can take 6-8 weeks.

1. Keep the incision clean and dry.
2. You may shower. Don't attempt to cover the incision, instead, gently dap it dry after you've gotten it wet.
3. You do not *need* a collar, but you may use a soft (sponge) collar sparingly.
4. Use plenty of ice. You should have been given an ice machine at the hospital. Use this machine for 10-15 minutes out of every hour you are awake.
5. Your neck will be stiff, so don't force it in any direction. The range of motion will improve at its own rate.
6. Avoid lifting objects over 10 pounds until further notice.
7. Avoid stretching and reaching for a few weeks.
8. Do not drive a car for the first 10-14 days
9. The narcotics can cause severe **constipation**. It is important for you to move your bowels regularly and without straining. Use a bulking agent or laxative if necessary. You should be taking a stool softener as long as you are on a narcotic pain medication. If you are not on medication for constipation, call this office or your primary care doctor and get some.
10. Get your prescriptions filled upon discharge, and take the pain medicine **only as needed** to avoid becoming dependent on it. These are powerful drugs and are addicting. However, I'd much rather you take something for pain and walk, than not walk because of the pain.
11. We will only refill a prescription as that has been used the way we wrote it to be used. Use only those pain medication that have been prescribed and only in the dosage given. Do not change your dosage without informing us or your primary care doctor.
12. Sleep on a mattress that is comfortable to you. Use some soft support for your neck. Many people find sleeping in a recliner best for them. Don't worry about laying on your incision, it's more important that you're comfortable.
13. You may feel some tingling or numbness in you arm or fingers. This should pass with time.
14. You may walk as much as is comfortable.

**PRESCRIPTIONS**

All prescription refills and changes must be requested during office hours. We advise patients to monitor their need for refills so that refill requests can be made during your office visit.

**EMERGENCIES**

We understand that emergencies arise. If you feel that it is absolutely necessary to speak with your doctor during non-office hours, our answering service is available, by simply dialing any of our office telephone numbers listed below. **We ask that this service be reserved only for problems of an emergency nature.**

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