

What is a cervical disc replacement?

This is a surgery designed to stabilize your cervical spine, take the pressure off of the nerves that come from the spinal cord into your arms, while preserving motion in the neck. This is done through an inch and a half incision just to the right of your voice box.

Why use an artificial disc?

- Preservation of your neck's range of motion
- Quicker Recovery...return to work and play sooner

If in doubt ask!

Here at Optum Spine we want you to be informed. If you have further questions we can answer them over the phone or schedule an in person consultation to go over any questions that may have come up.

Call 812.945.5633 to get connected with our surgery scheduler or an appointment with Dr. Blok or Norman Silva, PA.

Optum Spine—Cervical artificial disc



Dr. Robert Blok specializes in and has performed hundreds of minimally invasive cervical fusion surgeries.



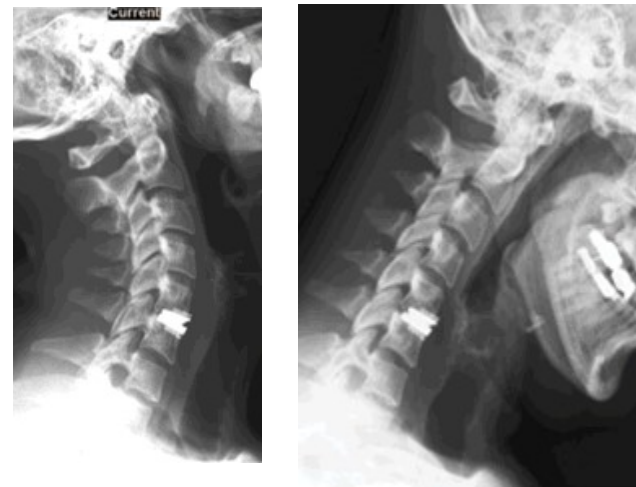
Norman Silva, PA specializes in and has assisted in thousands of spine surgeries. He is here to help make the process as easy as

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Optum Spine

Prepare for Surgery Cervical Artificial Disc



What to Know Before, During, and after Surgery.

Minimally Invasive posterior cervical fusion

Before surgery

You will need some tests prior to surgery to ensure it is safe to have surgery. Testing will include bloodwork and an EKG. Some patients will need surgical clearance from their primary care, cardiologist, or another provider. All of this will be coordinated through our office.

Once your surgery is approved and all testing is completed you will receive a call from the hospital giving you a time to arrive the day of your surgery. They will also advise you if any medications will need to be stopped before surgery.

A post op follow up appointment will be scheduled for about 2 weeks after your surgery.

**** Do not eat or drink anything after midnight the night before surgery. You may have a few sips of water to take your morning medications.**

The day of Surgery

Once you arrive the hospital staff will get you ready for surgery. You will meet the doctor who is going to be putting you to sleep for surgery.

Once in the operating room you will go to sleep lying on your back before a breathing tube is placed into your airway

The surgery is done through a one and half inch incision just to the right of your voice box. We move your breathing and eating tube to one side to take out the bad disc. This opens up the area for your spinal cord and nerves going into your arms. We then insert the artificial disc in place of your old disc. A drain is then put in overnight.

Surgery will take about one to two hours. After surgery you will be taken to the recovery area where you will wake up. Normally we keep people overnight for observation. Before leaving your drain will be removed. Prescriptions will be sent to your pharmacy before you leave the hospital. They will also give you a list of restrictions. You may have a soft collar from the hospital.

After Surgery

Discharge instructions will be provided by the hospital. Mild hoarseness and soreness when swallowing is normal for a few days. Discomfort between the shoulder blades is also common for a couple weeks. There will be a medium sized bandage over the incision.

Wound Care

- Leave bandages in place for 72 hours after surgery.
- Showering is ok after bandage is removed.
- All the stiches are under the skin and absorbable.
- You may wear a soft collar for your comfort

Don't

- Avoid lifting more than 5#
- Avoid excessive bending and twisting of your neck
- If it hurts don't do it
- No sexual intercourse until cleared
- You may drive after two weeks if not on narcotics

Do

- Walk frequently with frequent breaks
- Ice over the incisions for pain control
- Call with questions/concerns