

# Posterior Cervical Laminectomy and Fusion

The surgery recommended for you is:

---

---

---

Dr. Giri has recommended a posterior cervical fusion for you. He has performed this procedure several hundred times over his 20 years of practice. The surgery is explained below. If you want more information, please go to the website([txspineinstitute.com](http://txspineinstitute.com)) and click on surgical animations on the home page.

On the day of surgery, you will arrive 2 hours before your scheduled surgery time. The nurses in pre-op will get you ready for the surgery. The anesthesiologist will put you to sleep under general anesthesia. Dr. Giri will make an incision in the middle of the back of your neck, up and down. He will get down to the bone at the back of the spinal canal. At that point, if he is doing a laminectomy, he will remove bone behind the spinal canal to free up the spinal canal. If he is not doing a laminectomy, he will not remove any bone and proceed directly to placement of the hardware. He will place two screws in each vertebral body and then place a rod on either side to stabilize the spine. Then he will close the incision and you will have staples on the skin. You will have a drain in place that will come out before you go home.

Once at home, we want you to change the dressing daily. The hospital will provide dressings for you to take home. If you run out, then you can buy more at CVS or Walgreens. We just want you to use gauze and tape for the dressing. The dressing does not have to be air tight. Do not get the incision wet for 4 days after the surgery. On day 5 after the surgery, take the dressing off prior to the shower and you can run water over the incision. Do not use any soap, ointment, or cream. Then blot the area dry and place a new dressing over the incision.

All the metal placed in your neck is made out of titanium and is MRI compatible. The metal will also not set off the metal detectors at the airport, so you don't have to worry about carrying a card.

You will have to wear a collar at all times for 6 weeks. This is required to allow the fusion to take place. An appointment will be made to pick up the collar prior to the surgery. During this 6 week period, you will not be able to drive and cannot lift more than 5 pounds. Dr. Giri will see you every two weeks during this time, and will remove the collar at the 6 week follow up, assuming the x-ray results are stable. At this time, we want you to do physical therapy 3 times a week for 4 weeks. Physical therapy is very important to the healing process. After 6 weeks, your lifting

restriction will go up to 15 pounds for 6 more weeks, then you will be restriction free.

During the first 3 months after surgery, we ask that you do not take any anti-inflammatories as this will prevent the fusion from taking place. We will also try and get a bone stimulator approved from your insurance company. If approved, the device will be provided to you from our office, and you will use this device daily for 4 months.

Dr. Giri will continue to follow you for 2 years after your surgery. The appointments will start to be spaced out once you have reached the 6 week visit.

As always, if you have any questions, please contact the office.

Thank you,

Texas Neuro Spine Institute

