

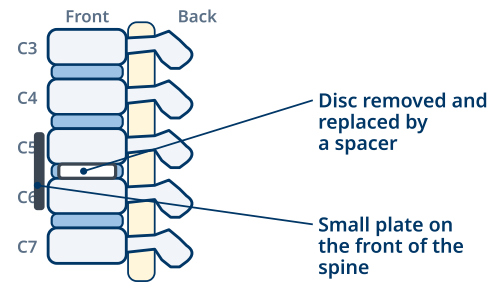


ACDF (Anterior Cervical Discectomy and Fusion)

What it is

ACDF is a neck surgery done from the front of the neck. The surgeon removes a damaged disc and then joins the two bones. It may ease pressure on the nerves or spinal cord.

This surgery may be done at GSMC's surgery center or in a hospital. Your surgeon will explain where. Call 732-202-3000 to learn which surgeon performs it.



Done from the front of the neck

Why it is done

- Arm pain, numbness or weakness from a pinched nerve that has not improved
- Signs of spinal cord compression
- One or more levels of disc herniation or spondylosis on MRI

Self-care tips

- Walk a little several times a day.
- Follow your limits on lifting, bending and twisting.
- Keep the cut clean and dry. Follow your wound care instructions.
- Take pain medicine only as directed. Do not smoke; it can slow healing.

What to expect

Before: You meet with your surgeon and may need imaging, blood tests and a health check. You will get instructions about eating, drinking and medicines, including blood thinners. Plan for a ride home.

During: You get general anesthesia and lie on your back. Through a small cut on the front of the neck, the surgeon removes the disc. A spacer and often a small plate hold the bones while they heal.

After: Many people go home the same day or the next day. A sore throat and trouble swallowing for a short time are common. Avoid heavy lifting for several weeks.

When to call us

- Fever over 101°F or chills
- Redness, swelling or fluid draining from the cut
- Pain, swelling or redness in your calf
- New or worse numbness or weakness

Call 911 for chest pain, trouble breathing, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/services/spine/surgeries/acdf/



Scan for the full web page