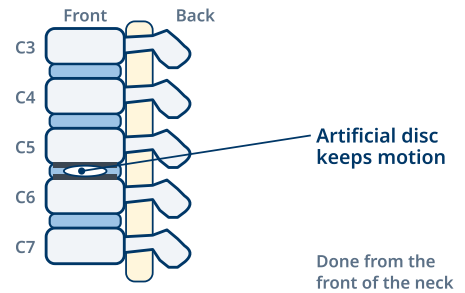


# Cervical Disc Replacement

## What it is

In a cervical disc replacement, the surgeon removes a damaged disc in the neck. An artificial disc is put in its place. The goal is to ease pressure on nerves and keep motion at that level.

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.



## Why it is done

- One or two levels of disc herniation or degeneration causing arm symptoms or cord compression
- Symptoms that have not improved with nonsurgical care
- No significant facet arthritis, instability or osteoporosis

## 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. Through a small cut on the front of the neck, the surgeon removes the disc and puts in an artificial disc.

**After:** Many people go home the same day or the next day. A sore throat is common for a short time. Many return to light activity within a few 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/cervical-disc-replacement/](https://gsmedicalcenter.org/services/spine/surgeries/cervical-disc-replacement/)

*This handout is general information and is not a substitute for medical advice.*



Scan for the full web page