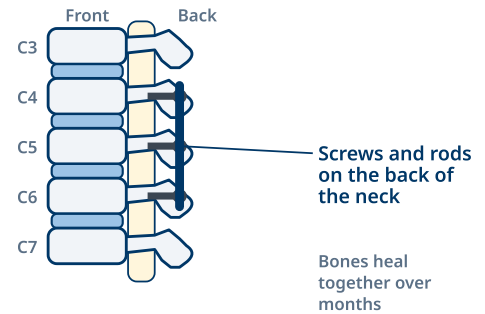


Posterior Cervical Fusion

What it is

Posterior cervical fusion joins two or more bones in the neck. It is done from the back of the neck using screws and rods. It may make the spine steadier and ease pressure on the spinal cord.

This surgery is usually done in a hospital. Your surgeon will explain what to expect. Call 732-202-3000 to learn which surgeon performs it.



Why it is done

- Spinal cord compression at several levels
- Cervical instability or deformity
- Problems not easily reached from the front

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 face down. The surgeon places screws and rods in the back of the neck. Bone graft helps the bones grow together.

After: You usually stay in the hospital for a few days. Neck soreness is common at first. The bones keep fusing for 3 to 12 months.

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.

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/posterior-cervical-fusion/



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