

## POST OP FOR DR. MCKALIP'S NECK SURGERY PATIENTS



1. Do not do any lifting. To pick up an object, you should squat down and lift.
2. You are encouraged to be as active as possible, but do not over exert yourself. Walking is fine as long as you take short, frequent walks, very gradually increase your walking distance. Avoid activities that require much neck movement.
3. Do not allow any force to be applied to your neck by pushing or pulling with your head or lifting or pushing of objects that requires neckstrain.
4. If wearing a hard collar, do not ever remove unless instructed by Dr. McKalip or his staff. Wear your collar when you sleep and in shower. Change to dry collar after shower.
5. Avoid exercises such as jogging, biking, contact sports, or other strenuous activities. You may or may not be able to return to these types of activities.
6. Remove dressing at about 2 days after surgery unless advised otherwise. You may shower on day three post-op but avoid rubbing the incision area. You should pat the area dry. You do not need another dressing on after you shower. Leave the steri strips in place. Report any drainage from the wound to Dr. McKalip's office. Do not soak in a bath tub or pool.
7. Continue to take all previous medication ordered by your regular medical doctor unless otherwise instructed.
8. You may resume sexual activities when you feel comfortable and you think that you are ready.
9. If you have any questions concerning what you should or should not do, please call Dr. McKalip's office. The secretary will put you in touch with someone who will help answer your questions.
10. Call Dr. McKalip's office and make an appointment for follow-up care. The appointment should be 1-2 weeks after your surgery although this may vary based on your specific needs.

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