



## Notes on Cervical Vertebra Surgery 頸椎手術後注意事項(英文)

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Cervical vertebra injury is the most common spinal-cord injury and its functional defect is sometimes lethal. Therefore, recognitions for post-surgical care is crucial.

### Cautions

1. Use collar to prevent cervical vertebra from second injury.
2. Keep surgical site clean and dry. Stay alerted if the wound is red, swollen, heated, or aching.
3. Gradually increase time of activity. Do not over-exercise.
4. Understand the medication and take medicine timely.
5. Regularly return to the hospital for follow-up examinations.

### Guide of Collar

1. It takes 2 to 6 months for patients to wear collars, with guidances and instructions given by doctors.
  2. While sleeping, patients with serious cervical injury are advised to wear collars to prevent nerve damage incurred by posture changes.
  3. Collars should be perfectly fit. It can't be too tight and allows merely one finger in between the collar and the neck.
  4. Patients are allowed to take the collar off while lying on the bed after they have had it on for too long; massage helps to relieve painfulness. Use cotton pad to protect the aching site from pressing; clean the skin of the neck and maintain its dryness at all time.
  5. To prevent repetitive injury, put collars on at all time especially while you are driving, running, exercising, or even tired and nervous. Remove your collars cautiously and gradually.
  6. Keep the interior of the collar clean and dry.
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