

What to expect immediately after cervical herniated disc surgery

When you wake up from the surgery, the first thing you will notice is some pain in the neck. You will have neck pain right where the surgery was, but people always tell me it is not as bad as they thought. The neck surgery is very small. It is microscopic and really does not hurt very much, but you will have most likely a sore throat, and when you wake up, you will be in the recovery room also called the PACU or postanesthesia care unit. You will have a one-to-one nursing, meaning there will be a nurse right there, so as soon as you wake up, you will see the nurse and the nurse will immediately be talking to you about pain control. We want to make sure the pain is controlled. We do not want to give you too much medicine where we overdose you and you stop breathing and we do not want to give you too little medicine when you are in pain, so you will be able to talk, you will be awake, and the nurse will talk to you about the pain and give you the appropriate medicine right through your IV, no needle sticks or anything like that, to get you comfortable. Within 10 or 15 minutes after the surgery, you are awake and you are talking and you are feeling comfortable and you could see your family at that time. You will have pain in the neck, which will persist with you and usually the first day or so, it is quite uncomfortable. I recommend you try some Cepacol Lozenges, take the pain pills, eat soft foods. It is a good time to eat ice cream, milk shakes, things like that, things I wish I could have all the time, but you had the surgery; you are entitled to it, and within a day or so, you will be having regular food. At that time, just take smaller bites and make sure you have some liquid with it, but within two or three days, you feel pretty good with the neck pain. Now, these are general terms. If you are very sensitive to pain, you may have pain for 7-10 days. If you are very stoic and are very good with pain, you might walk out of the hospital that day and not even take a pain pill, so in general though it is not a very painful surgery and it is very effective and most importantly you wake up most likely with the arm pain that you had before surgery completely gone. You may still have a little tingling or numbness that may take a while to get better and certainly weakness if you had that; that could months and months to get better, usually even 6-7 or 12 months to get better, but you will start to see the strength coming back in most cases. Some of those changes may be permanent. You may always have a little numbness or a little weakness, but hopefully with the surgery, you will know there is a dramatic change in the arm as far as having decreased pain and significantly decreased numbness, tingling, and weakness.

SLN/gisl/rad/nat/051014/SLN20069-1

New York City, NY Office

315 W. 57th St. Suite 304
New York, NY 10019
Tel: (914) 948-5067
Fax: (914) 948-5602

***Manhattan Practice Limited to Cervical Herniated Disc Surgery.*

White Plains, NY Office

244 Westchester Avenue, Suite 310
White Plains, NY 10604
Tel: (914) 948-5067
Fax: (914) 948-5602