



DAVID MCKALIP, M.D.
BRAIN AND SPINE SURGEON

Board Certified Neurological Surgeon

David M. McKalip, M.D., LLC
15 Bowens Ct.
Cartersville, GA 30120

Phone: 678-719-8340
Fax: 770-607-9095
BRAINANDSPINECARE.US

Dr. McKalip's Instruction for after Neck Surgery

1. Avoid lifting. To lift an object, squat down at the knees.
2. You are encouraged to be as active as possible, but do not over exert yourself. Frequent short walks that gradually increase your distance are recommended. Limit activities that require a lot of neck movement. Do not allow any force to be applied to your neck by pushing or pulling with your head. Also avoid lifting or pushing objects that could cause neck strain.
3. If wearing a hard collar do not ever remove this collar unless otherwise instructed by Dr. McKalip. Wear your collar when you sleep and when you shower. A dry collar should be applied after your shower.
4. Avoid activities such as jogging, biking, contact sports and other strenuous activities. You may or may not be able to return to these types of activities.
5. Remove dressing in the early evening on the day after surgery unless otherwise advised. You may shower 24 hours after surgery, avoid rubbing the incision area. Pat the area dry. You will not need a new dressing after showering. Keep it open to air. Leave steri-strips in place. Report any drainage from the wound to Dr. McKalip's office. Avoid soaking in a bathtub or pool.
6. Continue to take all medications prescribed by your regular medical doctor. Please do NOT take the medications on the "stop" before surgery list provided by Dr. McKalip.
7. You may resume sexual activity when you feel you are ready.
8. If you have questions concerning what you should or should not do please call Dr. McKalip's office.
9. Your first post-operative appointment should be scheduled 1-2 weeks after your surgery. This may vary based upon your specific needs.