

Cervical Disc Replacement (Artificial Disc)

General Information

Cervical disc replacement may help relieve your neck pain, arm pain or both.

Your surgeon cannot guarantee you will feel relief after surgery.

The general hospital stay is 1 to 2 days.

About Surgery

Your surgeon will make an incision (cut) in the front part (anterior) of your neck. He or she will remove the bad disc and implant an artificial disc.

Risks

All surgery has risks. Some general risks are:

- problems with general anesthesia (being put to sleep)
- lung problems
- blood clots
- infection
- fluid that pools near the incision site
- allergy to anesthesia
- injury to a major blood vessel that can cause death.

Other risks include the following.

- Injury to a spinal nerve that could cause:
 - pain that will never go away
 - numbness or weakness in an arm or leg
 - loss of bowel or bladder control.
- Injury to the spinal cord that could cause long-term paralysis (not being able to move).
- The spinal fluid sac in the vertebrae can become punctured causing spinal fluid to leak.
 - If this happens, you would need to lie flat in bed for 48 hours to allow the puncture site to heal.
 - You may need an injection or future surgery to seal the puncture site. This would be rare.
- The incision for your surgery is made on the side of your neck. Tissues in the front of the neck need to be pulled to the side. Risks include:
 - hoarseness in your voice or problems swallowing (short- or long-term)
 - breathing problems from swelling or bleeding.

Your surgeon will talk with you about all of the risks with your surgery. The risks are serious but the chance you have any of these is low.

(over)

Your Care After Surgery

Meet with social services before you leave the hospital if you need equipment (such as a hospital bed), home care or other services.

Members of your health care team can help arrange extra help.

Medicines

You will receive a prescription for a pain medicine before you leave the hospital.

Use this medicine **only** when acetaminophen (Tylenol®) does not give enough pain relief. Limit acetaminophen to 4,000 milligrams each day.

Long-term use of prescription pain medicines may interfere with your body's natural ability to help control pain.

Over time, you need more and more pain medicine to receive the same pain relief. Use prescription pain medicine for only a few days.

Where To Bring Your Paperwork

Midwest Spine & Brain Institute can help you fill out paperwork if it is related to disability, FMLA or other medical legal forms.

Midwest Spine & Brain Institute does charge a fee for such paperwork to be completed.

Mail your paperwork to Midwest Spine & Brain Institute, Att: Medical Legal Department, 1950 Northwestern Ave. Suite 102, Stillwater, MN 55082. Allow 1 to 2 weeks for the forms to be completed and mailed to you.

Do not bring any of this paperwork with you to the hospital.

Call 651-259-4545 if you have questions. Leave a message for the Medical Legal Department.

Whom To Call With Questions

- Call 651-241-7246 to make an appointment.
- Call 651-430-3800 to talk with your health care team if you have any questions about your surgery.