

Important Things to Know Before Discharge

Make sure you know the answers to the following questions before discharge.

1. How do I care for my incision?

2. What follow-up appointments do I need?

3. Do I have activity restrictions?

4. If I have a neck brace:

How do I care for my brace?

When should I wear it?

Is it OK to take the brace off to shower?

5. Do I understand how important walking is in my recovery?

6. Do I understand my new medicines?

7. Do I have my discharge medicines or know where to pick them up?