

Questions to Ask at My Follow-up Appointment

1. If I'm still taking pain medicine, do I know how to cut back (taper)? _____
 2. Can I take anti-inflammatory medicines? _____
If I cannot now, when can I start? _____
 3. Can I do the following:
 - take a tub bath
 - start driving a car again (if I am not driving already)? _____
 4. If I have a neck brace, how long do I have to wear it? _____
 5. When can I lift more than 5 pounds? _____
 6. When can I increase my leisure activities such as traveling, golfing or dancing? _____
 7. When can I return to work or school? _____
Should I return full time or part time? full time part time
If I should return part time, when can I work full time? _____
 8. What restrictions will I have at work or school? _____
How long will I have these restrictions? _____
 9. Are there any other restrictions I should follow? _____
- Other questions: