



Postop Counsel from Dr Gilete

1. Wear a collar when upright for 4-6 months and during transport (car, air travel, etc.) and in any other situation where you could be bumped or where you may fall (i.e. icy walks) for 6 months to a year.
2. Start with physical therapy one month after surgery, if you feel ready. We have attached some EXAMPLE exercises (please remember we are not physiotherapists). IN THE BEGINNING, begin with fewer series and slowly increase over time.
3. DO NOT lift anything over 2 kilos for at least 6 months to a year
4. Walk and maintain a proper posture, without stooping (avoid dorsal kyphosis) and exercise your isometric abdominal muscles (core muscles).
5. Control breathing and practice deep breathing with abdominal component (belly breathing).

Postop revisions

Dr Gilete would like to see a 3D CT scan of the cervical spine around 6 months after surgery to check for beginning signs of bone fusion. If you require a consultation after six months, there is a discounted fee to book an appointment or review imaging. If you are in Barcelona anytime and would like to come by for a brief hello, we would love to see you.