

Providence Medical Group
Cranial Spine and Joint Clinic
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Post-Operative Information

❖ What To Expect

Surgery is a stressful event for your body, it is normal to tire easily. This should gradually improve after surgery.

Muscle spasms are common after surgery because your muscles were moved, stretched, and/or cut to allow access to your spine. Muscle relaxant medications, ice and heat can help. Spasms should improve as you heal from your surgery.

Noticing a return of your pre-surgical symptoms, including pain and numbness, may occur 3 to 5 days after surgery. This can be due to movement of your nerves during surgery and swelling. This should improve as your swelling decreases. Swelling happens around days 2 to 3 after surgery.

❖ Follow Up

You will follow up in clinic in about 2 weeks after surgery. This appointment will be made for you prior to leaving the hospital.

If you have questions or need to change your appointment, please call our office at 425-297-6400.