



Instructions for Weaning Your Cervical Collar

Days One and Two:	Wear the collar for the entire day.
Days Three:	Wear the collar for two hours, then remove it for two hours, increasing time off by 15-20 minute intervals throughout the day.
Day Four:	Like Day three, continue increasing time off by 15-20 minute intervals throughout the day.
Day Five:	Do not wear the collar and begin neck range of motion exercises.

You may have a slight increase in pain or discomfort during this process. It is important that you avoid taking anti-inflammatory medication (such as Advil, Aleve and Motrin) for 10 weeks after your surgery date. Anti-inflammatory medications like these hinder bone growth and healing, which is critical in the weeks following surgery.

Please contact our office at 864-234-7654 if you have any questions or concerns.