



Weill Cornell Medicine

Center for Comprehensive Spine Care

ROGER HÄRTL, MD

212-746-2152

TEAM CONTACTS

Appointment Scheduling

212-746-2152, option 1

Office Nurse Practitioner

212-746-2152, option 1

Surgical Coordinator (Alba Briceño)

212-746-2152

Executive Assistant (Erma Bell)

212-746-5138

Office Fax Number

646-962-0640

After you are discharged, please call 212-746-2152 to schedule your post-op appointment for 2 weeks after surgery.

If there is an urgent matter and you need to reach Dr. Härtl after hours, please call 212-746-2152 and follow the prompts. If you are experiencing a life-threatening emergency, please call 911.

SEE REVERSE SIDE FOR POST-OPERATIVE INSTRUCTIONS
comprehensivespine.weillcornell.org



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DR. HÄRTL'S POST-OP INSTRUCTIONS

To optimize your recovery, please follow the guidelines below for 6 weeks after surgery:

- Do not lift anything heavier than 10 pounds.
- Avoid bending, twisting, and rotating your neck or back.
- Do not smoke.
- Avoid sitting or standing for longer than 30 minutes consecutively.
- You may begin physical therapy at 6 weeks after surgery. Please call our office to get your prescription.
- Ensure you are getting calcium in your diet and take a daily vitamin D supplement.

Take pain medication and muscle relaxers as needed and wean off these medications as soon as tolerated. Do not drive a car while taking narcotics or muscle relaxers. Continue a daily bowel regimen while taking narcotics.

If you had a fusion, please remember the following guidelines:

- Avoid non-steroidal anti-inflammatories (NSAIDs) for 6 weeks after surgery. This includes Motrin, Advil, Aleve, etc.
- You will need to premedicate with antibiotics prior to any dental work for the first 3 months after surgery. Your dentist will prescribe this medication.
- If you were discharged with a hard cervical collar, continue to wear it when out of bed for 6 weeks after surgery.

SEE REVERSE SIDE FOR CONTACT INFORMATION