

If you are a patient of **Dr. Frank Cammisa:**

- Please wear your soft collar for 2 weeks post-operatively. After that you can continue to use it for comfort and support as needed.

If you are a patient of **Dr. Andrew Sama:**

- If your surgery consists of 1 or 2 levels please wear your hard collar for 1-2 weeks after surgery. You may then switch into the soft collar and wear it as needed for comfort and support.
- If your surgery consists of 3 or more levels please wear your hard collar for 2 weeks after surgery. You may then switch into the soft collar and wear it as needed for comfort and support.
- If you had a posterior-cervical fusion please wear your hard collar for 4 weeks followed by your soft collar for 2-4 weeks, unless otherwise instructed at your first post-operative visit.

If you are a patient of **Dr. Alexander Hughes:**

- If your surgery consists of 1 or 2 levels please wear your soft collar for 2 weeks after surgery. After that you can continue to use it for comfort and support as needed.
- If your surgery consists of 3 or more levels please wear your hard collar for 2 weeks after surgery. You may then switch into the soft collar and wear it as needed for comfort and support.
- If you had a posterior-cervical fusion please wear your hard collar for 4 weeks followed by your soft collar for 2-4 weeks, unless otherwise instructed at your first post-operative visit.

The number of levels will be explained to you by your surgeon. The surgeon or surgical booking coordinator will tell you which protocol you will be adhering to. Please contact the office if you are unsure.