

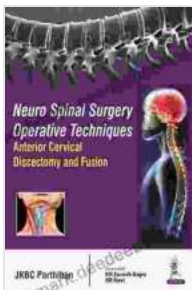
What is Anterior Cervical Discectomy and Fusion (ACDF)?

Anterior cervical discectomy and fusion (ACDF) is a surgical procedure to remove a herniated or damaged disc and fuse the vertebrae in the neck. The surgery is performed through an incision in the front of the neck.

ACDF is performed to treat a variety of conditions, including:

- Herniated disc
- Degenerative disc disease
- Spinal stenosis
- Trauma
- Tumors

As with any surgery, there are some risks associated with ACDF, including:



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- Infection

- Bleeding
- Nerve damage
- Hoarseness
- Difficulty swallowing
- Pain

Recovery from ACDF typically takes several weeks. During this time, you will need to wear a neck brace and avoid strenuous activity. You will also need to take pain medication and antibiotics.

ACDF can provide significant relief from neck pain and other symptoms. The surgery can also help to improve range of motion and prevent further damage to the spinal cord.

ACDF is a good option for people who have not responded to conservative treatment for neck pain. The surgery is also a good option for people who have a herniated disc that is causing nerve damage.

Before your ACDF surgery, you will need to:

- Have a physical exam and blood tests
- Stop taking blood thinners
- Arrange for someone to drive you home after surgery

ACDF surgery typically takes 2-3 hours. During the surgery, you will be given general anesthesia. The surgeon will make an incision in the front of

your neck and remove the herniated disc. The surgeon will then fuse the vertebrae together using a bone graft.

After your ACDF surgery, you will be taken to a recovery room where you will be monitored for several hours. You will then be discharged home with a neck brace and instructions on how to care for your incision.

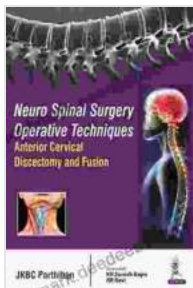
Here are some tips for recovering from ACDF:

- Wear your neck brace as directed
- Avoid strenuous activity
- Take pain medication and antibiotics as prescribed
- Get plenty of rest
- Follow your doctor's instructions

Call your doctor if you experience any of the following symptoms after ACDF:

- Fever
- Chills
- Redness or swelling at the incision site
- Increased pain
- Difficulty breathing
- Loss of sensation or movement in your arms or legs

ACDF is a safe and effective surgery for the treatment of neck pain. The surgery can provide significant relief from symptoms and help to improve range of motion. If you are considering ACDF, talk to your doctor to learn more about the procedure and to see if it is right for you.



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