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GUIDELINE FOR SOFT-COLLAR WEANING

The following information is a general guide once our office has told you that you may begin to wean from your cervical collar. Please do not hesitate to contact us at 714-957-2105 with any questions you may have about the weaning process.

1. Begin weaning by removing the collar for approximately twenty (20) minutes every 1 to 2 hours. If you develop headaches, neck pain or your head begins to feel heavy, put the collar back on. Your muscles are telling you they need a rest.
2. Gradually increase throughout the day the amount of time you are out of the collar until you are not wearing it at all.
3. You should sleep in the collar until you are totally weaned during the day.
4. Once you are totally weaned, please begin the attached neck strengthening exercises and start working with outpatient physical therapy.
5. Once you are weaning and you do not have the collar on, you are released to drive.

Remember to avoid NSAIDs (e.g. aspirin, Ibuprofen, Advil, etc.) until ten (10) weeks from your surgery date.

QUESTIONS or CONCERNS

If you have any additional questions/concerns please contact us at **714.937.2105** Monday-Friday 8:00 am to 5:00 pm.