

## Reminders to Patients that have Back or Neck Injuries

After doctor's examination, patient may return home for rest; however, there are few things to notice after returning home:

1. Putting cold pack on injured part at the first 24 hours.  
Then putting hot pack on it after the first 24 hours, but being careful for getting burnt.
2. Having sufficient rest on bed or having appropriate amount of rehab exercises under doctor's instruction.

3. Avoiding lifting heavy goods, to stand or sit for too long, or any gestures that might cause more pains.
  
4. Having appropriate amount of gentle massage on injured part, fixing neck with neck log for increasing sense of comfort.
  
5. If you feel seriously pain, numb, or stiff, please return emergency room for treatment.
  
6. If there is no other special condition, please return to Orthopedic Department or Neurosurgery Department for follow-up treatment after two days.