Dos with a Cervical Collar

**DO NOT**

- No Driving

**Proper Fit and Care**

- Eat Well

**What if ...**

- Soreness or irritation under the collar
- New or worse discomfort or pain
- New weakness
- New numbness or tingling
- Collar is not fitting well

**Any Questions?**

**Miami J (MJ) CERVICAL COLLAR**

**WHY?**

The collar keeps the neck still to help bone heal. Bones take up to 12 weeks to heal.

**12 Weeks**

No Collar or Removing the Collar Early

**Avoid Motrin (Ibuprofen) and Alleve (Naproxen)**
Avoid Aspirin (unless needed for heart disease or to prevent stroke)

These medications can stop bone healing

**Collar**

**Spine Clinic Neurosurgery and Orthopedics**
(206) 744-9350

© 2021 University of Washington, Department of Neurological Surgery

This content is provided for educational and informational purposes only and does not constitute providing medical advice or professional services. The information provided should not be used for diagnosing or treating a health problem or disease, and those seeking personal medical advice should consult with a licensed physician. Always seek the advice of your doctor or other qualified health provider regarding a medical condition. Never attempt professional medical advice or delay in seeking it because of something you have read on a University of Washington, Neurological Surgery website. If you think you may have a medical emergency, call 911 or go to the nearest emergency room immediately. No physician-patient relationship is created by this video or its use. No commercial uses are allowed without the prior express permission of the University of Washington.