



Recommended Vitamins

Please take the following over-the-counter vitamins beginning two weeks before your surgical date and continue for two weeks after your surgical date.

You may discontinue them two weeks after surgery and resume your regular supplements.

- ❑ Vitamin C, 3,000 mg per day
- ❑ Vitamin D 800-1000 units per day
- ❑ Calcium 1000 mg per day

If you are having trouble swallowing pills after anterior cervical spine surgery, you may use chewable or gummy equivalents for any of these supplements.