

Neck Surgery

HOME CARE INSTRUCTIONS

- Sleep with your head elevated for the first 48 hours using two pillows or by sleeping in a recliner.
- Cold compress intermittently to the wound if desired for the 1st 1-2 days post op.
- Take your pain medications as prescribed by the doctor.
- You should plan for 1 week away from work. If your job requires manual labor, lifting or straining then you should be out of work for 2 weeks (or limited to light duty until 2 weeks after surgery).
- Apply a thin layer of antibiotic ointment to the incision site 3 times daily. Do this by washing your hands thoroughly with soap and water, and then gently coat the wound with ointment using your finger.
- If wound is closed with Steri-strips DO NOT use ointment. Avoid getting strips wet until 1st follow up visit or until otherwise instructed as by your Doctor.
- If you have a history of eczema, apply petroleum jelly to the wound 3 times a day instead of the antibiotic ointment.
- DO NOT scrub or manipulate the wound. Allow soap and water to run over the wound.
- DO NOT rub the wound with a towel; pat the area dry.
- DO NOT get the wound wet for 48 hours after your surgery.
- DO NOT take aspirin or any blood thinners as they increase the risk of having a post-operative bleed into the neck tissues or neck wound. Your doctor will let you know whether you can take ibuprofen after surgery.
- DO NOT do any heavy lifting or straining for 2 weeks following the surgery.
- A post op visit has been scheduled for you within 1-2 weeks of surgery. If you do not have one please call our office at 928-556-9200 and schedule.

POSSIBLE SIDE EFFECTS

- It is normal to feel nauseous from the anesthesia.
- It is normal to experience a mild sore throat for 2-3 days following your surgery. This usually does not interfere with swallowing.
- It is normal to have mild to moderate neck pain for about 7 days after surgery.
- It is normal to have mild redness and swelling around the wound and this will decrease over the 2 weeks following surgery.
- It is normal to have a low-grade fever.
- Firmness around the incision site is normal and should take 6 weeks to completely resolve. For any rapid swelling, bruising or quickly escalating pain at incision site, call the Doctor.

CONTACT YOUR PHYSICIAN IF YOU EXPERIENCE

- Difficulty breathing (first call 911)
- Neck swelling
- Purulent discharge (pus) coming from the wound
- Increasing redness around the wound
- Choking or coughing when drinking fluids
- Fever greater than 100.5
- If you have been prescribed narcotics it is important not to drive or operate machinery or engage in climbing activities due to risk of injury to yourself or others. **NO** driving within 10 hours of narcotic use.