

Ear, Nose, and Throat Consultants, Inc.

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Post -Op Instructions for Neck Surgery

Activity:

1. No heavy lifting for ten days, do not lift more than 10 pounds.
2. Unless there is a water tight bandage, you will need to keep the wound dry initially. Please ask your surgeon when you can get it wet.
3. If the wound is not covered, apply antibiotic ointment, such as bacitracin twice a day. If there is a bandage or steri-strips then you should follow the doctor's instructions about care.
4. You can drive when you are no longer taking narcotic pain medication, and feel you can move your neck freely from side to side.

Pain:

1. Use doses of liquid acetaminophen (Tylenol) as labeled or as directed by your doctor. Other pain medicine may be prescribed.
2. Avoid aspirin or ibuprofen (Advil, Motrin, etc.) for three days after surgery.
3. Your doctor may prescribe narcotic pain medicine, such as Tylenol with codeine or Percocet. To prevent nausea and vomiting, be sure not to take these pain medicines on an empty stomach. Repeated use of these pain medicines may cause constipation. A laxative will prevent this.

Incision Care:

1. Some clear or blood tinged drainage is normal from the wound
2. Slight redness right around the incision is normal
3. Slight swelling above and below the incision is normal
4. The skin may seem itchy as it heals around an incision. Avoid scratching at the healing skin. Avoid shaving over a skin incision for at least 4 weeks.
5. Avoid sun burn or sun tan over a skin incision for the first year after surgery.
6. Stitches and staples are usually removed at 7-10 days after surgery. A post op appointment should be arranged, if needed.

Other:

1. Biopsy results usually take the hospital pathology department one week; some results will take more than a week due to special processing. If you have not heard back within one week after a surgery, you may call the office to find out if the results are available.
2. You should call the office if the neck swells suddenly, your pain suddenly increased, if the drainage becomes heavy or turns creamy or yellow.
3. You should call the office if you develop a fever greater than 100.5
4. Please contact our office with any questions.