



## NECK SURGERY

### NECK DISSECTION, SALIVARY GLAND REMOVAL, THYROGLOSSAL CYST REMOVAL

### DEEP CYST, MASS OR LYMPH NODE REMOVAL, NECK ABSCESS DRAINAGE

**Diet:** Soft diet for two days.

**Activity:** No lifting greater than 15 lbs week 1 or 50 lbs week 2. Avoid any straining and push/pull exercises or work such as vacuuming, mowing or shoveling. These activities have the greatest risk of causing a post-operative bleed that needs attention. Sleep on your back if possible and sleep on two pillows for two weeks to help with swelling.

**Bleeding:** Everybody has some bleeding after surgery. Bleeding after neck surgery is rare unless you have an open drain system such with thyroglossal cyst or neck abscess drainage. In the case of an open drain, you are encouraged to support or reinforce the dressing if any blood is coming outside until you are seen the next day. For a closed drain which has a bulb on a stalk, you will be asked to empty the bulb about every 8 hours until you go to sleep, then just do it in the morning. If you have this type of drain, you can shower the morning after surgery, but if it is removed you have to wait another 24 hours to shower as dirty water could enter the wound and lead to an infection. If the area is dark red, purple, very swollen and bleeding through the sutures, this could be a hematoma and you should call me or the on call physician immediately. Some of these need to be drained in a timely manner.

**Wound Care:** All incisions with exposed sutures should be cleaned with peroxide and followed by antibiotic ointment or Aquaphor for the first week. Any part of the reconstruction covered with steritapes where sutures are not exposed, does not need any wound care. You can do this wound care at the drain hole for best results even if the incision is covered with steritapes. A white gauze covering sutures doesn't constitute steritapes and wound care should begin the next day as above. In the case with a large dressing wrapping the head or neck area, you will most likely be seen the next day and this dressing will be removed and you can begin wound care.

**Pain control:** You will usually be prescribed a pain medicine. You can also use Tylenol but not at the same time because most prescribed medicines have Acetaminophen in them so you must be cognizant of the amount and limits over 24 period. You CANNOT take Motrin, Advil, Aleve, Ibuprofen, Naproxen, Naprosyn, Gingko, Ginseng, Garlic pills, high dose vitamin E, Fish oil, Glucosamine or Aspirin in any form. If you require any of these medicines to prevent a life or organ threatening condition, you will be given a specific plan. Narcotic pain medicine can be addictive. You will most likely not receive another prescription. You will be guided to use non-narcotic medicines after the first prescription.

**Contacting us:** The office and answering service numbers are the same at (248) 334-9490. If you have a true medical or surgical emergency and we don't reach you within 10 minutes, start heading to Trinity Oakland if you are close enough and someone can drive you. If you are not close enough or someone cannot drive you, call 911 and you will be taken to the nearest emergency room. In this situation, we may not be able to see you but we can facilitate your care.