



POSTOPERATIVE INSTRUCTIONS FOR NECK SURGERY

1. If your surgical incision is covered with surgical tape layered over surgical skin glue.
 - a. The incision may get wet- just pat it dry. Do not apply any creams or ointments to the surgical tape. Do not remove the surgical tape. The surgical tape will usually loosen and release from the incision about 10-14 days after surgery. You may trim the edges that are loose.
2. You may shower normally starting the day after surgery.
3. You may eat a regular diet as tolerated.
4. Apply a lightweight ice pack to the surgical site and surrounding areas 4 to 6 times a day for 20 minutes each application. Do this for 2-3 days after surgery. Frozen peas or frozen blueberries are ideal because they are very light weight and conform to the contours of the neck. These can also be refrozen for repeat use.
5. Do not lift anything over 10 lbs. for 2 weeks.
6. Do not do any strenuous exercise or activity for 2 weeks. Walking and/or normal activities around the house are fine to do.
7. You may drive once you are off prescription pain medication and can move her neck comfortably in all directions. This is generally about 5 days after surgery.
8. You may be prescribed a prescription pain medication that likely contains acetaminophen (Tylenol). You may wish to take docusate (Colace) while you are on the prescription pain medication because of the risk of postoperative constipation. You may substitute extra-strength Tylenol instead of the pain medication if you wish.
9. Ibuprofen may be started 3-4 days after your surgery in lieu of the prescription pain medication.
10. Contact the office for neck swelling, pain not responsive to pain medication, numbness or tingling in your fingers/lips, or redness around your incision site.