



POST OPERATIVE PATIENT INFORMATION

Neck Surgery/Parotid Gland/Submandibular Gland/Thyroid Surgery/Neck Dissection

- A. Activities - Avoid strenuous exertion including heavy lifting, bending, and straining for at least 7 days after your surgery. This limitation may be extended for a longer time in some cases. If this is true for you, it will be explained to you at your first post operative office visit.
- B. Diet - Unrestricted - resume your usual diet.
- C. Medications - For the best surgical result, take all medications as prescribed at discharge from the hospital. No aspirin or aspirin-related products (such as Advil, Aleve, Motrin, Ibuprofen, etc.) should be taken for at least 10 days following surgery.
- D. Wound care - Keep the operated area dry unless otherwise instructed. Avoid or minimize facial movements around the operated area by limiting chewing and facial expressions.

If you have a pressure dressing (large dressing or head wrap) over your incision, you may remove it carefully in 24 hours.

Steri-strips, (tapes on skin), should be left in place as long as possible. If the tapes come off before your first scheduled postoperative visit, call the office for instructions.

If your incision was not taped/covered, then you should cleanse the area with a 1:1 ratio of hydrogen peroxide and water three times per day. Then apply bacitracin or polysporin ointment. You may need to purchase ointment if none was supplied to you at the hospital.

If a crust forms around the incision line or over the area, do not remove it, but clean with the hydrogen peroxide and water.

- E. Special precautions - Avoid cigarette smoking or exposure to smoke filled environments as much as possible. If you are a smoker and wish to stop, we have information to assist you. Ask about it at your follow-up visit.

Anyone having a general anesthetic should not participate in any activity requiring mental alertness, physical coordination, or balance for 24 hours after the anesthetic; e.g., driving, bicycling, etc.

- F. Communications - A slight fever may result from this surgery. A moderate to high temperature (greater than 101 degrees) should be reported to the office. This may require an examination and treatment.

Pain not relieved by the medication prescribed or over-the-counter Tylenol, or pain of increasing intensity should be reported to the office.



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Randall S. Lomax D.O.

Call the office to schedule your first postoperative follow up visit for approximately one week from the date of your surgery. Sutures and staples are usually removed within 5 to 10 days.

If you are uncertain about any of the above items or have any questions, please contact our office at (702) 834-5886 from 8:00 a.m. to 5:00 p.m. Monday through Friday. After hours, if you have an emergency, go to the emergency room or call the office number and you will be connected to the on-call physician.

My postoperative instructions have been explained to me, I understand their meaning and a copy has been given to me.

Patient/Family: _____

Date: _____

Nurse: _____