

INSTRUCTION SHEET: NECK OR FACIAL SURGERY

INSTRUCTIONS PRIOR TO SURGERY:

1. No aspirin or ibuprofen containing medications two weeks before surgery
2. Nothing to eat or drink after midnight the night before surgery (if you are to have this done in the hospital or surgery center).

INSTRUCTIONS FOR AFTER SURGERY:

1. Your doctor may prescribe pain medication for after surgery. Otherwise, you may use over-the-counter pain medication such as Tylenol, but avoid aspirin and ibuprofen until instructed by your doctor. Patients often notice pain over the surgical site. You will likely feel numbness over the surgical site that should improve after a few weeks.
2. You will need to sleep with your head elevated above the level of your heart. This can be accomplished by sleeping on several pillows or in a reclining chair. This helps to reduce swelling and pain to the neck.
3. You may shower or bath and wash your hair afterwards. You should place a layer of antibiotic ointment (such as Neosporin or Bacitracin) over the incision before and afterwards. Try not to have water directly on the wound. If it gets wet, lightly dab dry it. Do not wash or vigorously rub the surgical site for about two weeks.
4. Diet: Start with liquids and soft food (if you had a general anesthesia) and advance to a normal diet as you are able to tolerate.
5. You will need to make an appointment for about a week after surgery for removal of the sutures.
6. You also might have a drain coming out of the neck to prevent blood or fluids from building up in area where surgery was done. This usually is removed in a day or longer after the surgery. You may need to record the amount in the drain container each day until it is removed.

WHEN TO CALL:

1. If you have pronounced redness or swelling or drainage, temperature over 101, problems breathing, or pain that is not controlled with the prescription pain medication.