



Neck Surgery Post Operative Instructions

Diet

- Resume normal diet as tolerated.

Activity

- No sports, exercise, lifting, or heavy activity for 1 week.
- No work involving physical activity for 1 week.
- May return to work after 1 week.

Pain Killers and Antibiotics

- Take the prescribed painkillers as needed.
- If you were prescribed antibiotics, make sure you finish the whole course.

Wound Care

- Keep the incision dry for 3 days.
- Apply polysporin ointment to the incision twice a day for 1 week.
- After 3 days, you may shower as normal. Be sure to dry the incision well afterwards.
- You may see little loops of stitch at the ends of the incision. These will be removed at your first post-operative visit.

Special Precautions

- There may be a small plastic drain coming out of the wound.
- The nurses will tell you how to look after it at home.
- Do not pull on it and be careful not to catch it on anything.
- Do NOT shower until the drain has been removed at the first post-operative visit.

When To Seek Medical Attention

- If you experience severe pain or fevers;
- If your incision becomes red and hot and swollen;

If you experience any of the above symptoms, please call the office between 830am-430pm or go to your local emergency department.