



FARMINGTON
EAR, NOSE & THROAT



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POSTOPERATIVE INSTRUCTIONS FOR NECK SURGERY

The following are instructions for patients who have undergone surgery on the neck such as node biopsy, neck dissection, thyroidectomy, submandibular gland resection, etc. Please refer to this sheet and if it does not satisfactorily answer your questions do not hesitate to call my office at any time.

- Keep the head of your bed elevated. Sleep on your back and keep your head straight. **DO NOT** raise the chin up as in an upward gaze for this will place tension on the wound.
- If your particular surgery requires a dressing, a dressing change will need to be done after 24 hours. Instructions will be given before you leave the hospital.
- Refrain from any heavy lifting, bending, stooping, vigorous activity or excessive head turning for 2 weeks.
- Shower may be taken on the 2nd postoperative day or 24 hours after drains are removed whichever is later. Let the water run down over the wounds. **DO NOT** let the shower spray hit directly on the wound. You may wash your hair with Johnson's Baby Shampoo.
- Clean the wounds with hydrogen peroxide and water, half and half mix, 3-4 times a day. Gently pat dry and apply Neosporin ointment to the wound. Begin this 24 hours after surgery or after the dressing has been removed. There is no need for a dressing unless there is drainage from the wound.
- **Do not drive if taking any narcotic for pain or medication for dizziness in the post op period or after any treatments. The patient fully understands this warning.**
- You should eat a soft diet for 1 week after surgery. Avoid any foods that would require vigorous chewing.
- **CALL THE OFFICE IMMEDIATELY** if excessive pain, swelling, or fever greater than 101 degrees Fahrenheit develop.

Please call the office if you have any problems or questions. After hours, you can reach me through the hospital switchboard at 573-756-6451.

Your Follow-Up Appointment is _____@_____