

ENT ASSOCIATES

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INSTRUCTIONS AND INFORMATION FOR NECK SURGERY

ABSOLUTELY, DO NOT TAKE ASPIRIN, MOTRIN, IBUPROFEN, ADVIL, EXCEDRIN, ALEVE NAPROXEN, NUPRIN, ALKA-SELZER, OR SIMILAR NON-TYLENOL PAIN RELIEVERS FOR 2 WEEKS BEFORE AND AFTER SURGERY UNLESS APPROVED BY YOUR SURGEON. THESE INCREASE THE RISK OF BLEEDING! DO NOT TAKE OVER-THE-COUNTER SUPPLEMENTS FOR 2 WEEKS BEFORE OR AFTER YOUR SURGERY UNLESS APPROVED BY YOUR SURGEON.

What to expect with surgery:

- **Incision** – The length and location of the incision is carefully designed to be as minimally invasive as possible, in order to safely remove your disease with the best cosmetic result.
- **Anesthesia** – Usually performed under general anesthesia (patient asleep).
- **Drain** – Usually, a small drainage tube is placed to drain any blood or fluid that collects in the wound.
- **Pain** – Mild to moderate amount along with neck stiffness upon turning the neck.

Typical sequence of events:

- **Surgery** – Will have been recommended during a regular office visit.
- **Preoperative testing:**
 - The necessary blood work and screening tests before undergoing anesthesia will be performed approximately 1 week prior to your surgery.
 - Depending on your age and other health problems, this may not be necessary.
 - Typically requires a couple of hours.

Our office will call you the day before surgery with your arrival time unless otherwise instructed by our staff.

- **You may not eat or drink ANYTHING after midnight the night before your surgery.**
- **Surgery and Hospital stay** – Patients normally remain overnight, but patients may stay several days. In some instances, the patient will go home the same day as surgery. You will need someone to take you home from the hospital.
- **Follow-up appointments** – We will normally see you back in the office about 1 week after surgery. Other appointments will then be scheduled as necessary.

Risks and complications:

While your surgery is relatively safe, all operative procedures involve a certain amount of risk such as infection, bleeding, numbness, poor cosmetic scarring, anesthesia reactions or even death. Complications are unusual but some of the complications with these surgeries include:

- **Bleeding** – A small amount is normal after surgery and drain tubes placed under the skin at the time of surgery (usually removed the next day) normally prevent a collection of

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fluid (“seroma”) or of blood (“hematoma”). Subsequent drainage of fluid might be necessary in our office or in the operating room.

- **Nerve injury** – Nerves that control the muscles of the face, mobility of the neck and shoulder, and speech and swallowing functions are often closely involved with surgery of the neck and are at risk of being injured leading to temporary or permanent deficits.
- **Parathyroid glands** – Injury to these glands could cause temporary or permanent decreased levels of calcium requiring treatment with calcium. This can require prolonged inpatient management with IV calcium.
- **Neck structures** – There are many important blood vessels, nerves, voice/airway, swallowing and other structures all located in the neck. Although unlikely, there is the risk of injury to these structures and even to nearby structures in the chest.

What to expect after surgery:

- **Pain** – Generally well controlled with pain medications
- **Swelling** – Normal after surgery. Elevating the head and neck reduces this.
- **Activity** – No driving for 2 weeks since it is uncomfortable to turn your head after surgery. Do not drive while taking narcotic pain medication. Avoid heavy lifting for 2-3 weeks.
- **Work** – Plan on being at home 1-2 weeks, depending on your type of work.
- **Diet** – Normal, no restrictions.
- **Incision care** – Keep incision dry 48 hours after surgery/drain removed. Apply antibiotic ointment 2 times daily to incision for 10 days. Clean crusting with Q-tip and peroxide.

Thank you again for the opportunity to participate in your health care! Please let us know if we can answer any further questions or how we may make your surgical experience more pleasant!

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Electronically Signed