

## **NECK SURGERY POST OPERATIVE INSTRUCTIONS**

- **Thyroidectomy**
- **Parathyroidectomy**
- **Parotidectomy**
- **Neck Dissection for Removal of Neck Mass**

### **1. ACTIVITY:**

- Maintain your head and shoulders in an elevated position (approximately 30 degrees) for 3-5 days following surgery. You may prop it with pillows or sleep in a recliner. This will keep neck swelling down and therefore help with pain control and healing.
- Avoid bending, lifting, and strenuous upper body activity for 7 days.
- Avoid driving for 7 days.

### **2. MEDICATIONS:**

- Resume all pre-operative medications, unless otherwise instructed.
- Use medications as prescribed relating to your surgical procedure.
- Avoid aspirin and blood thinning medications, since these might result in bleeding. Your doctor will instruct you when it is safe to resume such medications.

### **3. SURGICAL SITE CARE:**

- If an outer pressure dressing is present, remove it approximately 24 hours following discharge from the hospital.
- The surgical incision may be wet 24 hours after the surgery. Gently pat dry afterward.
- If there are no Steri-Strips on the incision, then apply topical antibiotic ointment 3 times a day until your sutures are removed by your doctor. Excessive crusting may be cleansed gently with a ½ and ½ mixture of peroxide and sterile saline before applying the ointment.

### **4. CALL YOUR DOCTOR IF YOU DEVELOP:**

- Significant wound swelling, redness, drainage, fever, voice change, swallowing difficulty, or respiratory difficulty.

**Please call our office with any additional questions or concerns.**