

NASHVILLE

ENT

CLINIC

NASHVILLE EAR, NOSE & THROAT CLINIC

STEVEN ENRICH, M.D. STEPHEN A. MITCHELL, M.D., F.A.C.S

MITCHELL K. SCHWABER, M.D. MATTHEW SPEYER, M.D., P.C.

Neck Surgery

If you develop problems after this procedure it may be due to the anesthesia or the operation. Common anesthetic effects include nausea, itching, and sedation. You should recover quickly from these effects; however, some patients do not feel back to normal until several days after surgery.

Pain: You will be prescribed narcotic pain medications after surgery. Most of these already contain Tylenol, so do not take additional Tylenol. If the pain is not controlled, 386-9089. Remember that your doctor and his associates may not prescribe controlled substances over the phone.

Incision Line: Your surgeon will give you specific instructions on how to care for your wound. Apply Bacitracin ointment on the wound three times a day for a total of three days after surgery. It is safe to get your incision wet after 3 days; pat it dry gently. If you have absorbable sutures, do not place peroxide on the wound. Instead, you may use saline and a cotton swab to clean away any crusting. If you notice any redness or drainage, call your surgeon.

Activity: Your activity is limited for 2 weeks after surgery. Do not perform any strenuous activity or pick up anything heavier than a gallon of milk.

Diet: There are no restrictions. You may choose a bland diet while taking the stronger pain medications and antibiotics to avoid upsetting your stomach.

Prescriptions: Your doctor will prescribe pain medication, prophylactic antibiotics, and ointment for your incision. Review these with your surgeon and call with any questions.

Shoulder Pain: This is to be expected to some degree if you had a neck dissection but should improve within a few days of surgery. If this continues, tell your surgeon.

What to look out for: Call the office at 386-9089 if you notice :

1. Bleeding, increasing pain, drainage, redness, or swelling at the surgical site.
2. Difficulty breathing, swallowing, or speaking.
3. Fever: Notify your surgeon if you develop an oral temperature of greater than or equal to 101.5 degrees.

Nashville ENT & Allergy
Medical Plaza East, Suite 400
4230 Harding Road
Nashville, TN 37205
(615) 386-9089 . Fax (615) 386-2197