

KAISER PERMANENTE
DEPARTMENT OF HEAD AND NECK SURGERY

**Post operative instructions for:
Minor Neck Surgery**

After Surgery:

Mild to moderate swelling above the surgical incision is common and can take weeks to months to completely resolve.

All scars take one year to fully mature. The scar will typically get firm and raised then improve in a couple of months. You will notice an area of numbness; this will decrease over the next several months.

Activity:

Do not lift heavy objects or do any strenuous activity for two weeks.

Do not travel out of the area for 10-14 days.

Dressings/Incision:

Do not wet the surgical wound for 24 hours after surgery. You can shower after 24 hours.

Pain Management:

Take pain medications as directed. Some pain medications can cause constipation, moving about and walking can help. Don't operate machinery while taking prescription pain medication. As soon as possible, switch from prescription pain medications to over-the-counter Tylenol.

Diet:

Resume your normal preoperative diet unless nausea is present. Fluids are more important than food for the first 24-48 hours.

Small amounts of clear liquids taken frequently are best. Avoid dehydration. If nausea is severe or persists after 24 hours, call your physician or advice nurse.

Problems:

Call your physician or an advice nurse if you have:

1. Severe pain or unrelieved nausea
2. Excessive bleeding or discharge
3. Elevated temperature (101 or above)
4. Signs of infection such as red streaking around the surgical site, swelling or foul smelling drainage.

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