

When to get help

Contact your surgeon* *first* if you notice any of these things:

- trouble breathing
- any bleeding
- cannot stop throwing up
- signs of infection

Signs of Infection

- fever over 38°C (101°F)
- redness, increased pain, and swelling around the incision

If you cannot contact your surgeon, do one of these things:

- Contact your family doctor.
- Go to the nearest emergency department (preferably at the hospital where you had your surgery)

Note

Before calling your surgeon, please make sure you remove call blocking on your telephone so your doctor can reach you.

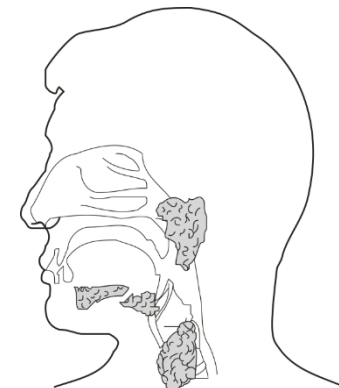
Follow-up Appointment

If you do not already have an appointment, call your surgeon's office and make an appointment to see your surgeon in about 2 weeks.

Questions

Head and Neck Surgery

Eagle Ridge Hospital



I had this type of surgery:

- ☐ parathyroid gland surgery
- ☐ thyroid gland surgery
- ☐ salivary gland surgery (parotid and submandibular)
- ☐ thyroglossal duct cyst removal
- ☐ branchial cyst removal
- ☐ tongue cyst removal (ranula/lymphangioma)
- ☐ neck dissection

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This information does not replace the advice given to you by your healthcare provider.

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To order: patienteduc.fraserhealth.ca



Activity

Rest at home today.

Have a responsible adult stay with you on your first night home.

Return to your every day activities tomorrow, as you feel able, unless your doctor tells you something different.

Talk with your surgeon about when you can return to work or school.

For the next 24 hours,

- **Do not** drink alcohol or drive.
This is because of medicines we give you to do the procedure and the medicines you are taking for pain.

For the next 2 weeks:

- **Do not** do any strenuous activities, exercise, or sports.
- **Do not** go swimming.

Medicines

We give you any prescriptions for pain medicine or antibiotics you need.



It will take 1 or 2 weeks after your surgery for the incision to heal. Expect to have some discomfort for the first week or so.

For the first 24 hours, take your pain medicine as directed by your doctor, even through the night.

Tylenol with Codeine should be enough for the pain for the first few days. Sometimes codeine causes people to feel sick to the stomach (nausea). If this happens, switch to plain Tylenol.

As you heal and your pain eases, switch to plain Tylenol until your pain is gone.

Do not take medicines containing aspirin (ASA/acetylsalicylic acid), or non-steroidal anti-inflammatory drugs (NSAIDs) such as Ibuprofen, Advil, Motrin. These medicines can cause bleeding.

Eating and drinking

You might feel sick to your stomach (nausea) for a day or two and you might throw up (vomit). This is normal.

Ways to return to eating and drinking:

- Start with clear fluids the day of surgery.
- Choose cold fluids instead of hot.
- Drink small amounts often.
This helps relax your throat muscles. It also helps relieve any muscle spasms.
- Gradually return to your regular diet when you feel able to do so.

If you start throwing up (vomiting), don't eat or drink anything for one hour. Then try sips of water or sucking on a popsicle.

Suggested clear fluids:

- water
- apple juice
- fruit-flavours gelatin dessert (Jell-O)
- popsicles
- lukewarm soup broth



Your incision

We teach you how to care for your incision. You might or might not have a bandage.

If you have a drain, we show you how to care for this too. Your surgeon usually removes the drain the day after surgery.

Your surgeon might ask you to put antibiotic ointment on your incision. Only use the ointment for the next 2 days.

Always wash your hands before and after touching your incision.

You can shower or bath and shampoo your hair the day after the surgery. Try not to let water spray or splash onto your incision, or bandage if you have one. Gently pat the area dry.

