

When to get help

Contact your surgeon *first* if you have:

- difficulty breathing
- bleeding
- persistent vomiting
- infection

Signs of Infection:

Temperature greater than 38° C with significant increase in pain, redness and swelling at the surgical site

If you cannot contact your surgeon

You can either:

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

Please make sure you remove call blocking on your telephone so your doctor can reach you.

Doctor's 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

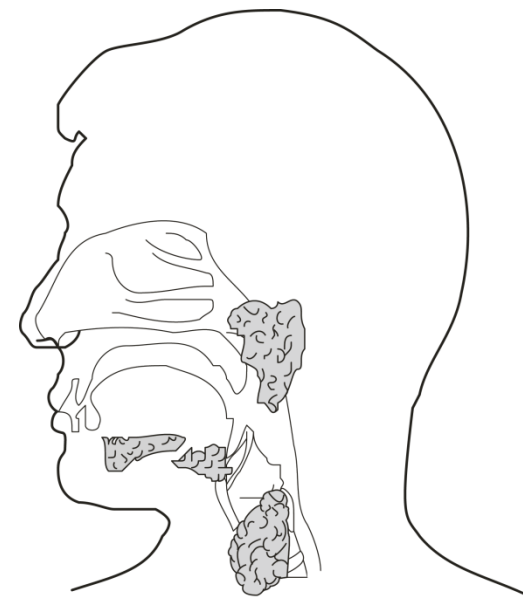
www.fraserhealth.ca

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

Catalogue #264351 (May 2017)
To order: patienteduc.fraserhealth.ca

Head and Neck Surgery

Surrey Memorial Hospital
Jim Pattison
Outpatient Care and Surgery Centre
Eagle Ridge Hospital



 **fraserhealth**

Some head and neck procedures:

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

Activity

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

Resume activity as tolerated the following day, unless your doctor tells you otherwise.

Do not drink alcohol or drive for 24 hours after the procedure.

Discuss return to work or school with your surgeon.

Avoid strenuous activity, sports and swimming for two (2) weeks.

Discomfort

It will take 1 or 2 weeks after your surgery for the incision to heal.

You will have some discomfort for the first week or so.

Diet

You may have some nausea and vomiting.

- If vomiting occurs, don't eat or drink for one hour, then try sips of water or a popsicle.
- Clear fluids are all that you may be able to take the day of surgery.
- Cold liquids feel better than hot.

Clear fluids that we suggest are:

- water
- apple juice
- jell
- popsicles
- lukewarm broth

Drink frequently to:

- help relax the throat muscles
- relieve muscle spasms that can cause throat discomfort

Eat a regular diet when you are able to.

Medication

Your nurse will give you any prescriptions for pain medication or antibiotics.

For the first 24 hours, take your pain medicine as your doctor has prescribed, even during the night.

The need for pain killers will decrease as you heal.

Do not use medicines containing aspirin (ASA/acetylsalicylic acid), or NSAIDS (Ibuprofen, Advil, Motrin), as they can cause bleeding.

Tylenol with Codeine should be enough for the pain for the first several days. Sometimes codeine causes nausea. If this happens, try plain Tylenol.

Wound Care

You may not have a dressing.

You might be directed to put antibiotic ointment on your wound every day, but only for the first 2 days.

Care for your incision will be reviewed with you before you go home. If there is a drain, your nurse will show you how to care for it. This is usually removed the next day.

You can shower, shampoo, or bath the day after the procedure. You do not need to keep the wound dry but do not direct water at the wound.