



WILLIAM C. WOODALL, III, MD | E. CARTER MORRIS, III, MD | SAMUEL R. BOWEN II, MD | BENJAMIN BANKS FULMER, MD

NECK SURGERY

Post Operative Instructions

What You Should Expect...

- Moderate pain
- Soreness and stiffness of neck and shoulder muscles
- Hoarseness that should gradually improve
- Difficulty swallowing, due to swelling of the tissues, that should gradually improve

Following Surgery...

- You may lay in any position that is comfortable to you.
- Keep the dressing dry for 48 hours.
- Showering is allowed.
- After 48 hours, you may remove the dressing, gently cleanse the area with soap and water, pat dry and apply a large bandaid or gauze dressing.
- The tape across the incision should remain in place the first week.
- Do not apply ointments or creams to incision.
- Your activity level should gradually increase, and walking is encouraged as tolerated.
- No driving for one week.
- Sexual relations may be resumed after 10 days provided your neck is not strained.
- You are encouraged to move your neck to the degree that it is comfortable. Do not force stretching of the neck.
- No lifting over 10 pounds.
- Taking two ibuprofen (Advil®) every four hours will help with pain control.

You Should Call the Office If...

- There is a large amount of drainage
- There is more than a small amount of blood tinged drainage or drainage appears to have pus (infection)
- Temperature is greater than 101.5°
- Worsening numbness or weakness of arms and legs