

Vail Valley Ear, Nose & Throat Group, P.C.
105 Edwards Village Blvd., #C202, Edwards, CO 81632
(970) 926-6800

R. Casey Strahan, M.D. Joel W. Norris, M.D.

POST-OP INSTRUCTIONS

NECK SURGERY

The recovery from surgery on the neck is usually relatively simple. After surgery there will be a small bandage over the incision. This should be removed the day after surgery. Dr. Strahan will remove it, if you are admitted to the hospital after surgery. You should remove it, if you are discharged home on the day of surgery. If there is a drain in place, you will be instructed on the care of the drain at home. This drain will be removed by Dr. Strahan one to five days after surgery, depending on the type of surgery performed and the findings at surgery. Take care not to place any tension on the drain, as it may come out too early if it is pulled too hard. Keep your incision dry until the drain is removed. If no drain was placed, you may shower and get the incision wet two days after surgery. Do not scrub the surgery site. You should place a small amount of anti-bacterial ointment on the incision twice a day until the sutures are removed. After the sutures are removed, you may place a small amount of Vitamin E oil on the incision twice a day for another week to aid in healing.

You will be discharged home with pain killers and possibly some antibiotics. Follow the directions on the bottles. In general you will experience some numbness around the incision. This usually resolves in a month or so.

You should avoid any strenuous activity for two weeks after surgery. This is to avoid further swelling or bleeding at the surgery site. You may follow a normal diet after surgery.

You will be instructed on when to follow up with Dr. Strahan after surgery. Your follow up will depend on the surgery performed and whether or not a drain was placed. Please call the office to make this appointment, if one was not already made.

Complications to look out for include a sudden increase in the swelling, pain or redness around the incision, excessive bleeding from the incision, or the skin pulling apart. Call Dr. Strahan immediately, if any of these occur. Also, please call if you have any concerns or questions.