

## **Post-Operative Instructions after Neck or Salivary Gland Surgery**

1. Mild swelling is normal but significant swelling, increasing redness, worsening pain, or drainage from your incision is not normal. Call your physician if you notice this or have any other concerns.
2. It is OK to take a shower one day after surgery since skin glue is being used to cover your incision. Do not allow excessive water to pour over the incision or immerse incision in water.
3. No heavy lifting and no vigorous exercise until cleared by your surgeon.
4. Obtain all medications and use as directed.
  - You may need antibiotics.
  - Take pain medication as prescribed. It is OK to substitute Tylenol if the pain medication is too strong or causes nausea. We do not want you to take ibuprofen for two weeks.
  - Constipation is a common side effect of pain medications. Take a mild over-the-counter laxative if using the narcotic pain medicine. Avoid straining with bowel movements.
5. Take all of your routine medications as prescribed, unless instructed otherwise by your surgeon. Any medications which thin the blood should be avoided (e.g., aspirin, Advil, Motrin, ibuprofen, Excedrin, Aleve, Naproxen) for the first 2 weeks after surgery.
6. There are no diet restrictions. Tobacco use is not recommended since nicotine decreases blood flow to the healing tissues and can compromise wound healing.
7. You may have a drain placed. If so, the nurses will teach you how to take care of it before discharge. You will typically be seen back in the office a few days after discharge for drain removal; if you have no drain, you will usually be seen back in the office 7 to 10 days after surgery to examine the incision and review pathology results.