



VALLEY ENT

EAR, NOSE, THROAT & ALLERGY

Skin Or Neck Surgery Post Surgery Instructions

This post-operative instruction sheet is designed to help you care for your skin or neck after surgery and help answer any of the common questions you may have. It is not entirely comprehensive, so if you have any questions, do not hesitate to call the office. You may call the office at: (559) 409-4720. If you are having a medical emergency, you should not hesitate to call 911.

What To Expect:

- It is common to have some mild to moderate discomfort around the incision.
- It is common to have a sore throat for 3-5 days after surgery.
- Avoid taking aspirin/ibuprofen or other products containing these medications. You can take Tylenol for pain relief as an alternative to narcotic pain medications.
- Avoid any heavy lifting (more than 20 lbs), straining, bending, exercise, or sports activities for 2 weeks after surgery.
- Sleep with your head of bed elevated in a recliner or with 2-3 pillows for the first week.
- Use ice packs to area as directed. Ice is always recommended for at least the first 24 to 36 hours to aid in the reduction of swelling, bruising, and pain.

Care Of Your Incision:

- Remove the dressing 48 hours after your procedure.
- You should keep the incision area clean.
- Wash your hands with soap and water before caring for the surgical site.
- You can gently clean the incision with soap and water, but do not scrub it.
- Pat dry using a clean paper towel.
- Once the area is dry, apply a thick layer of topical antibiotic ointment with a Q-tip then cover with a nonstick dressing (Telfa/Gauze) and secure with a Band-Aid or tape.
- Do not re-dip the Q-tip in the ointment.
- Repeat this care twice daily for 10-14 days.

Call Our Office If You Experience Any Of The Following:

- Temperature of 101 F or higher
- Increased redness, pain, swelling, warmth, or bleeding from the surgery site
- Drainage or pus (green/yellow) from the surgery site
- Difficulty breathing or swallowing

Safety Information For Giving Medications:

- Use medications only as directed in the amounts specified
- Avoid aspirin or NSAIDs (Ibuprofen, Motrin, Aleve, Naprosyn, etc), fish oil, vitamin E for 1 week after surgery.
- As your pain lessens, you may **replace** doses of prescription pain medications with acetaminophen (Tylenol)
- **Do NOT** drive or operate machinery if taking prescription pain medications
- Call California Poison Control if you take too much medicine. 1-800-222-1222.

Nutrition:

- Drink plenty of water / fluids
- Eat light snacks as tolerated
- It is common for people to have less of an appetite the day of surgery
- Advance your diet as tolerated the day after surgery

Follow-up Appointment:

- You should have a follow up appointment 1 week after surgery. If you haven't made an appointment yet, please call the office to schedule your follow-up appointment.

Scar Care:

- Scars will go through a maturation process. You need to be aware that at between 4 and 8 weeks the scar will most likely present with increased redness and firmness. There are ways that you can help this healing process to minimize the appearance of the scar.
- If steri-strips are in place, be sure to remove if they haven't fallen off yet.
- You can begin the scar therapy 3 weeks after surgery. It is important that the wound is clean and dry (no drainage).
- Scar Therapy - there are a number of products on the market that will help the healing process
- ScarCare
- Scarguard
- Scaraway
- Scarfade
- Mederma
- Vitamin E Skincare Oil
- Use as directed on the package until your 3 month follow up (night only is sufficient, though extended use is beneficial).
- Massage is recommended beginning 4 weeks after surgery. Use firm compression when massaging (3-4 times a day).

Important Phone Numbers:

- Valley ENT Clinic: (559) 409-4720
- Kaweah Delta Hospital: (559) 624-2000