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**POST-OP INSTRUCTIONS FOR NECK OPERATIONS**  
**Parotidectomy, thyroidectomy, parathyroidectomy, excision**  
**of submandibular gland, carotid body tumors, branchial**  
**cleft cysts, thyroglossal duct cysts, lymph nodes...**

**Diet**

Patients who have received general anesthesia may experience some nausea and occasionally, vomiting. It is therefore preferable to eat a bland light meal or a liquid diet on the first day after the surgery. Regular diet may be resumed the next day. Also, pain pills cause some nausea if taken on an empty stomach. It is preferable to take those pills with a piece of toast or some food.

**Activity and Wound Care**

Elevate the head as much as possible. Sit in a recliner or use two or three pillows when sleeping. Head elevation reduces bruising and swelling. Occasionally, you may notice that the bruises or swelling have migrated to other places (usually lower regions). You may have a dressing over your wound.

**Wound care:**

Clean the wound twice a day. This is best done with a cotton swab dipped in 3% hydrogen peroxide. If you have not received a prescription for antibiotic ointment, use an over-the-counter triple antibiotic. Apply a scanty amount on the suture line. At times, you may not see the sutures because they have been placed inside the wound. On other occasions, there may be metallic staples instead of sutures. Occasionally, a thin film of clear adhesive is placed over the wound to protect it and allow you to take a shower. If Dermabond (tissue glue) is used, no care is required.

**Medications**

An antibiotic is usually prescribed for seven to ten days following the surgery. You may also receive a prescription for painkillers in the form of codeine or Hydrocodone. These products cause somnolence, drowsiness, and constipation. Occasionally, Phenergan suppositories may be necessary for nausea or vomiting.

**Follow-up**

Please schedule an appointment to be seen in the office in one week.

**Notification:**

- Notify your doctor if you develop
- Swelling at the incision
  - Difficulty swallowing
  - Hoarse or whispery voice
  - Fever above 101 F

**If you are on calcium replacements and experience tingling around the mouth, toes or fingers, call your doctor immediately**

For urgent or routine questions, call the doctor at (909) 466-8400; If for any reason you are unable to reach the doctor, please go to your nearest emergency room.