



Virginia Ear, Nose, & Throat Associates

Head and Neck Surgery Post Operative Instructions

1. DIET

Start a soft diet and progress to usual diet as tolerated, unless otherwise directed. It is important to remember that good overall diet and health promotes healing.

2. ACTIVITY

No heavy exertion or heavy lifting for 10 days. Light activity is permitted but, avoid any stretching or bending of the neck for 10 days.

3. WOUND CARE

- A. Apply antibiotic ointment twice daily to suture or staple sites and continue for 2-3 days following removal.
- B. May shower or bathe following surgery but make sure to apply antibiotic ointment prior to doing so and do not submerge the area in water.
- C. If you have a paper tape dressing, make every attempt to keep it dry until it is removed.

4. THINGS TO BE CONCERNED ABOUT

Please call the office for any of these changes:

- A. Increasing pain
- B. New red discoloration
- C. New drainage of any description
- D. Increasing warmth of wound

5. DRAIN MANAGEMENT

- A. Follow nursing instructions
- B. Generally, your doctor will plan to have drains removed between 1 and 3 days.

6. LONG-TERM WOUND HEALING

- A. Expect the wound to have a slight ridge for up to 6 weeks. This is usually by design for optimal wound healing.
- B. Local numbness is usual around wound sites, and can last up to and beyond 3 months.
- C. To minimize prolonged redness or pigmentation around a wound, we recommend use of sunscreen for 3 months or longer on healed wounds.

If you have any questions or concerns following your surgery do not hesitate to contact our office at

804-484-3700

Virginia Ear, Nose & Throat Associates' office hours are 8:00 a.m. to 4:30 p.m. You should be able to reach us after hours by calling the regular office number. If for some reason you are not able to reach our "after hours" service through this main number you may call them directly at 257-5140.