



Excision of Neck Mass Post-Operative Care

Expectations

- The area around the incision will have some swelling and bruising that tends to peak 3 days after surgery.
- You may have some numbness around the incision site.
- Most patients are able to go home on the same day of surgery but be prepared to stay one night post-operatively.

Activity

- Most patients can return to work 1 week after surgery; this depends on the nature of your work. It may take longer to return to more physically demanding work and less time if you do more sedentary work.
- You may begin driving when you can comfortably turn your neck from side to side and you are no longer taking narcotic pain medications (hydrocodone or oxycodone).
- Avoid exercise or athletics until you have seen your doctor post-operatively and you have been given the okay.
- Avoid heavy lifting (>10lbs).
- Bed rest is not necessary after surgery. Remaining active and mobile will help to expedite your recovery.
- Sleep with your head elevated for the first few days after surgery.

Diet

- Immediately after surgery, you will be started on clear liquids. If you tolerate this without nausea and vomiting, your diet will be advanced to a regular diet.
- Some patients have a scratchy or irritated throat from the endotracheal tube for a few days after surgery and prefer a softer diet.

Wound Care

- The dressing can be removed 24 hours after surgery. The incision can be left open to the air once the dressing has been removed.
- You may shower and get the incision wet 48 hours after surgery.
- Pat the incision dry when it gets wet.
- The incision may feel itchy and uncomfortable. Try to avoid rubbing or scratching the incision.

Medications

- You may resume your preoperative medications unless otherwise specified by your doctor.
- Pain control
 - o You have been provided with a prescription for a narcotic pain medication (hydrocodone/ acetaminophen or oxycodone/ acetaminophen). There are plenty of patients who never need to take this medication. It may be needed for the first few days or up to a week after surgery.
 - o This medication can cause constipation, so start a stool softener (Miralax, Colace, or Senokot) while taking this medication.
 - o Many patients only need ibuprofen or acetaminophen (Tylenol) after surgery for pain control. You can take 400 mg of ibuprofen every 8 hours.
 - o You can also use Tylenol or acetaminophen but do not take this if you are taking hydrocodone/ acetaminophen or oxycodone/ acetaminophen. The maximum daily dose of Tylenol (acetaminophen) is 3000mg from all sources.

Follow-up

You will be scheduled for a follow-up 7-10 days after surgery for suture removal. The pathology results from the surgery will be discussed at this appointment.

Call Lakeside ENT & Allergy at 585-394-8800 if you develop any of the following symptoms:

- Excessive drainage or bleeding from the incision
- Excessive swelling of the neck or face
- Concern for infection with pain and redness at the incision site and/or fever >101.5
- Poorly controlled pain
- Difficulty breathing or shortness of breath