

After Neck Surgery

- NO driving within 24 hours of taking pain medication
- NO bending, straining or heavy lifting (>20 lb) x 7-10 days
- Sleep with head on 2-3 pillows
- Incision may get wet on 2nd day after surgery; just pat dry following shower
- Once dressing is removed in office, clean wound twice daily: clean incision with peroxide Q-tip, and then apply a thin coating of Bacitracin ointment, cover with band-aid/dressing if going outdoors; may keep open to air if indoors
- Expect numbness and tingling around the incision for at least 2-3 weeks; could last up to 3-4 months
- Take antibiotic and pain medication as directed
- Ice to incision site, 20 minutes 3 times every day for first 3 days, and then as needed
- Follow up appointment as booked by the office