

# ENTRUST MEDICAL GROUP

## Post-operative Information

### NECK MASS EXCISIONS, LYMPH NODE BIOPSY, SUBMANDIBULAR GLAND EXCISION AND/OR THYROID GLAND EXCISION

*Please take the time to read these instructions carefully. If you have any questions or concerns, either before or after your surgery, please contact your surgeon's office.*

#### **DIET**

Resume your normal diet as soon as tolerated. Begin with liquids and increase as able.

#### **MEDICATION**

Take all medication as directed by your doctor. This is especially important if you are taking thyroid replacement or calcium. Take pain pills as directed and when needed. They may cause drowsiness, adjust activity accordingly.

#### **INFECTION**

Infection can occur from any surgery. It can require treatment with antibiotics and possibly surgical drainage.

#### **NUMBNESS OF THE SKIN SURROUNDING THE INCISION SITE**

This is not a complication of the surgery, but is a result of the incisions. This numbness usually decreases with time, but some degree of numbness can be permanent.

#### **BLEEDING**

This can occur after surgery, requiring packing or even the tying of blood vessels. Blood can also collect between the layers of tissue, requiring drainage.

#### **ACTIVITY**

Increase activity as able, but avoid strenuous activities such as lifting, pulling, and jarring exercises for at least 2 weeks. Elevate your head with pillows when sleeping or resting for comfort.

#### **DRESSING**

Leave steri strips dressing in place until seen by your doctor at the follow-up visit. It is alright to shower 48 hours after surgery. Avoid letting water hit the incision directly.

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