

AFTER SURGERY INSTRUCTIONS

HEAD AND NECK SURGERY

WHAT TO EXPECT

- Localized pain and swelling

SPECIAL INSTRUCTIONS

- You will be given specific instructions on wound care, bandages, or drains.

MEDICATION

- Acetaminophen (Tylenol or equivalent) and / or Ibuprofen (Motrin) is usually adequate for pain control after surgery.
- Prescription pain medication may be prescribed and used only if necessary for severe pain.
- Discard any unused prescription pain medication. Never save at home. Any prescribed pain medication from our office is on the FDA flushing approved list. Drop boxes are available at county offices and selected pharmacies.
- Acetaminophen is contained in prescribed pain medication – do not exceed maximal daily dose.
- Antibiotics are not prescribed due to side effects and lack of benefit.

ACTIVITY

- Reduced for one week.

DIET

- To be determined by your surgeon.

POST OP APPOINTMENT

- Usually one week after surgery.

WHEN TO CALL

- Call office during routine hours for questions, concerns, changes or refills of any medication. Make sure there is enough pain medication to avoid after hours calls.
- After hours calls should be limited to urgent problems such as excessive bleeding, pain or swelling.