



INSTRUCTIONS FOLLOWING: NECK, PAROTID OR THYROID SURGERY

Keep the dressing in place until instructed or removed by the doctor. You may reinforce the dressing with gauze or tape. It is normal to have some blood or spotting on the dressing, but it should not drip around the edges.

You may shower after 24 hours, once the dressing is removed. **Do NOT** use a hot tub, sauna, or soak in a bathtub.

Do NOT exercise or lift more than 10 lbs until approved by the doctor. Normally this will be after 20 days.

You may take the prescribed narcotic _____ for pain, or Tylenol®. Do not take Tylenol or acetaminophen within four hours of the prescribed narcotic. Most narcotics already contain acetaminophen. Do NOT take Advil, ibuprofen or other NSAID products as they may promote bleeding.

Your first follow-up appointment with the doctor will be _____ at _____. If this has not already been arranged, please call the office.

You should contact the doctor if you develop:

- Fever above 100.5
- Progressive swelling
- Difficulty swallowing
- Difficulty breathing
- Numbness or tingling around the lips
- Increased redness or uncontrolled pain

If you are unable to reach the doctor, then call 911 or proceed to the nearest emergency room.

We generally advise against travel outside of a 30-minute radius from the office for the first **20 postoperative days.**