

Discharge Instructions: NECK SURGERY

Activity Instructions:

- Unless otherwise instructed, no collar is required. No special pillow is needed.
- Avoid strenuous activity such as lifting, pulling or pushing. Avoid any activities that involve straining your neck for a lengthy time, such as looking down to read a book or working on a crossword puzzle.
- Do not drive for 2 weeks after surgery.
- Avoid running, jogging or bicycle riding.
- After 2 weeks you may gradually increase your activities and let comfort be your guide. Walking is a good exercise.
- You can expect a certain degree of discomfort or stiffness in the neck and shoulders which will improve over time.
- Sexual relations may be resumed at your discretion.

Wound Instructions:

- Your incision has either Dermabond® (glue) or staples. You may shower 1 day after surgery with the dressing covered with plastic wrap and tape.
- Remove your dressings on the second post-operative day and leave open to air. You may now shower with the wounds uncovered, do not bathe/soak until the wounds are completely healed.
- You may have some remaining orange surgical scrub on your neck; this will come off with alcohol.

Medication Instructions:

- You will be given prescriptions for pain medication at the time of discharge. Please contact our office for refill authorizations.
- **PLEASE GIVE 48 HOURS NOTICE FOR ALL REFILL REQUESTS. ALSO NOTE WE DO NOT TAKE PRESCRIPTION CALLS ON WEEKENDS OR HOLIDAYS.**
- Narcotics can cause constipation. You may need to take an over-the-counter stool softener or laxative. Drink plenty of fluids and eat a high fiber diet.

Instructions on when to call:

- Please call our office at 801-387-6520 if you develop any of the following (office hours are Monday-Thursday, 9:00 a.m. to 5:00 p.m. and Friday from 9:00 a.m. to 4:00 p.m.):
 - Fever (over 101.5°), chills, or sweats.
 - A purulent (pus) discharge from your incision. (A small amount of puffiness and numbness around the area of the incision is normal.)
 - New pain or weakness that began after you left the hospital.
 - New bowel or bladder difficulty.
 - Excessive swelling or difficulty breathing and swallowing.

Call our office if you do not already have a follow up appointment scheduled. This appointment should be 2-3 weeks after surgery.

In case of an emergency after business hours, please contact me at the phone number given to you at the time of discharge OR go to the nearest emergency room.