

GUELPH | FACIAL PLASTICS

- Tracheal Shave Post-Operative Care Instructions -

WOUND CARE

- On your upper neck there will be an incision with stitches, keep these **clean and free of scabs with a Q-tip soaked in a 50:50 mix of water and peroxide. After cleaning the incision, apply Polysporin ointment** or Vaseline. Do this at least twice a day
- Keeping your incision clean and greasy will help your skin to heal
- The stitches will be removed at your one week follow up appointment
- If you have any questions about wound care, please contact Nurse Jocelyn

FOR YOUR COMFORT

- Use ice for your comfort and to help limit swelling and bruising. **Ice 20 minutes every hour while awake for the first 3 days**
- Keeping your head elevated and propped up on an extra pillow while sleeping or relaxing will also help with swelling
- Switch from the prescribed pain medication to regular Tylenol or Advil as soon as you are able to, this will prevent nausea
- Nausea is common after a general anesthetic. Use Gravol as needed

SHOWERING

- You may shower 24 hours after surgery
- Do not submerge your incisions under water, splashing from the shower is okay

MEDICATIONS

- Dr. Brace will have prescribed your post-operative medications prior to surgery
- Take your antibiotic as directed until the prescription is finished
- Use Tylenol (acetaminophen) 650mg every 4 hours as baseline pain control AND/OR Advil (ibuprofen) 400mg every 6 hours. **YOU MAY USE BOTH AT THE SAME TIME**
- To minimize nausea and vomiting, use your prescribed pain medicine only if Tylenol/Advil is not sufficient to treat your pain
- Do not use Aspirin or blood thinners for 2 weeks after surgery

NUTRITION

- Light meals are suggested the day of your surgery when you return home
- You may resume a normal diet as soon as you feel ready

ACTIVITY & DRIVING

- Medications you were given during your surgery will be acting in your body for 24-48 hours. Do not drive, operate machinery, drink alcohol or make important decisions in the 2 days following surgery. Someone must stay with you overnight
- You may resume most activities of daily living the day after your surgery. **AVOID STRAINING, HEAVY LIFTING AND MANUAL LABOUR** for 14 days after surgery
- Light walks are permitted while healing when you feel comfortable doing so

PLEASE NOTE: Call Dr. Brace's office during office hours, or go to the Emergency Room after hours and call Dr. Braces direct phone if you have any of the following or any concern of an urgent nature:

- A brisk swelling in your neck that grows larger by the minute and is tense and firm is NOT normal and may represent bleeding under the skin. Call Dr. Brace's office during office hours or Dr. Brace after hours and head to the Emergency Room
- You have heavy bleeding that does not stop
- You have thick drainage from your incision line

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- You develop a progressive headache with fever, vomiting and neck stiffness
- You have difficulty breathing or chest pain
- You have an ongoing fever above 38.5C (101.3F)
- You have nausea and vomiting lasting more than 2 days

Please contact Dr. Braces office if you are hospitalized within 10 days of your surgery. In that circumstance, we will notify the College of Physicians and update them on your status.