

# Glasgold Group Surgery Center

## POST-OPERATIVE INSTRUCTIONS DIRECT NECK EXCISION

You may apply ice compresses to your neck for the first 3 days to help with bruising and swelling. Wrap the ice packs in clean gauze. **Do not** apply ice directly to the skin. Apply for 10-15 minutes at a time. **Do not** ice for longer than 15 minutes at a time. (You may ice past 3 days for comfort).

You may shower 24 hours after the surgery, **AFTER** you have seen the doctor. Do not take a long shower and do not make it too hot.

BEGIN taking the antibiotic the day of the procedure.

Extra-Strength Tylenol may be taken for discomfort in the incisional area, or you may take the prescription pain reliever as directed if needed.

THE 1st post-operative appointment will be the day after the surgery; the second post-operative appointment will be at 6-7 days after surgery.

You may experience some swelling and a little discomfort around the surgical site. This is normal.

A feeling of tightness in the neck is normal and will subside.

You may also feel some numbness around the surgical site. This sensation is common and will gradually subside.

## How To Contact Us

During regular business hours call (732)846-6540

Before/after regular business hours call (732)846-6540 press #4

**In case of emergency call 911 or go directly to the ER**