

# Adam's Apple Reduction (Tracheal Shave)

## Pre & Post Operative Instructions

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### Understanding Your Surgery with General Anesthesia:

- **General Anesthesia:** This type of anesthesia renders you completely unconscious during the procedure, ensuring you feel no pain and have no memory of the surgery. It is typically used for more extensive operations and requires careful monitoring by an anesthesiologist.
  - **Instructions:** Nothing to eat or drink 8 hours before surgery. This includes water, mints, candy, or gum.
  - **Post-Surgery Transportation:** It is mandatory to arrange for a ride home from surgery with a family member or friend. Patients may not use taxis or Ubers.
    - **Why?:** After surgery, especially with general anesthesia, it's important for your safety to have someone responsible to take you home and provide care for at least 1-2 days. This ensures that you have the necessary support during the initial critical recovery period. If you do not arrange for transportation and care for at least 1-2 days, then your surgery may be canceled, at your expense.

### Shopping List

- Tylenol (Acetaminophen): This is a good alternative to narcotic pain medication, if your pain is not severe.
- Ice packs or cold compresses – for swelling (wrapped in a soft cloth).
- Soft foods and liquids – smoothies, yogurt, soups, oatmeal, mashed potatoes.
- Humidifier (Optional) – helps keep the throat and vocal cords hydrated.

## Pre-Operative Instructions

### Medication Management Before Surgery: Guidelines for Minimizing Bleeding Risks

These are general recommendations. For more information please refer to the email: Preoperative Instructions for Your Upcoming Surgery &/or contact our office for a safe plan tailored to your health needs and surgical procedure

- **Aspirin and NSAIDs:** Please discontinue use at least 3 weeks before your surgery, unless otherwise directed by your surgeon.
- **Anticoagulants (Warfarin, Heparin, Direct Oral Anticoagulants):** The discontinuation schedule varies. Please consult your surgeon at least 3 weeks before surgery to discuss a tailored plan, which may include temporary adjustments to your regimen or bridging therapy.
- **Herbal Supplements and Vitamins:** Discontinue any herbal supplements and vitamins that can increase bleeding risk, such as vitamin E, fish oil, ginkgo biloba, and garlic, at least 2 weeks prior to surgery.
- **ADD / ADHD medications** are to be avoided the day before surgery.
- **Contrave (Naltrexone-containing meds):** Patient must consult with the prescribing physician about when & how to stop this medication prior to surgery.
- **Weight Loss Meds (Ozempic, Wegovy, Semaglutide, ect.), & Biotin.:** are to be stopped 2 weeks prior to surgery.
- **Illicit Drug Use:** Please be honest about any illicit drug use during the preoperative assessment. Your safety is our priority and accurate medical information is crucial for planning a safe and effective surgical procedure.
  - Illicit drug use can have significant interactions with anesthesia and other medications administered during surgery, potentially leading to complications.
  - **Examples of the most important substances to mention include:**
    - Cocaine & Meth.

**Consultation Is Key:** If you are taking any of the above medications or supplements for chronic conditions, do not stop them without first consulting with the physician who prescribed them and your surgeon.

Together, we will develop a safe plan tailored to your health needs and surgical procedure.

## 4 Weeks Before Surgery

- **Reducing/Stopping Nicotine:** We strongly recommend reducing or ideally stopping nicotine (including cigarettes, oral tobacco, e-cigarettes with nicotine, patches, lozenges, and/or gums) for 4 weeks before and after your surgery.
  - **Why?:** Nicotine can significantly hinder your healing process and increase the risk of complications. Nicotine constricts blood vessels, which can impair blood flow to the surgical area, affecting healing and recovery. Any reduction in nicotine exposure is beneficial and contributes positively to your surgical outcome.

## 2 Weeks Before Surgery

- **Alcohol Consumption:** We encourage patients to reduce or stop alcohol consumption for at least 2 weeks before and after surgery.
  - **Why?:** Alcohol can increase the risk of bruising, swelling, and can prolong the healing process. Reducing alcohol intake, even if complete cessation is challenging, but can significantly improve your recovery experience.

## The Day of Surgery: Your Preparation Guide

On the day of your surgery at Asia Pacific Surgery, we prioritize your comfort, safety, and the success of your procedure. To help everything go smoothly, please follow these guidelines carefully:

- **Shower or Bath:** On the day of surgery, please take a shower or bath using soap (either antimicrobial or non-antimicrobial).
  - **Avoid Applying Products:** Do not apply any lotions, perfumes, or other products to your skin after bathing.
- **Medications:**
  - **Blood Pressure Medications:**
    - Take your blood pressure medication as usual, including the day of surgery. On the day of surgery, take it with only a small sip of water.
  - **Diabetes Medications:**
    - DO NOT take any oral and/or injectable diabetic meds the night before or the morning of surgery.
  - Only take medications approved or prescribed by your surgeon with a small sip of water.

- **Fasting:** Adhere to the fasting instructions provided by your surgical team. Typically, this means no eating or drinking, including water, for 8 hours before your surgery.
- **Jewelry and Valuables:** Remove all jewelry and refrain from bringing valuables to the clinic, including piercings.
  - If you have metal hair extensions (such as clip-in or microbead extensions), please inform your nurse before surgery.
- **Makeup and Skincare Products:** DO NOT wear any makeup or apply skincare products on the day of your surgery.
- **Clothing:** Opt for loose, comfortable clothing that doesn't need to be pulled over your head. A button-up or zip-front top is ideal for after the surgery.
- **Communicating Questions or Concerns:** If you have any last-minute questions or concerns, please get in touch with us immediately. See the last page of this document for contact information.

*Our team is committed to making sure you feel fully prepared and confident in the care you'll receive.*

## Post-Operative Instructions

### The Night of Surgery

- Rest with head elevated: Sleep on your back with 2–3 pillows or a wedge pillow to reduce swelling.
- Ice packs: Apply gently over the surgical site (wrapped in a soft cloth) for 20 minutes on, 40 minutes off while awake.
- Voice rest: Speak as little as possible. Avoid whispering, as it strains the vocal cords.
- Hydration: Sip cool water frequently to keep your throat comfortable and prevent dryness.
- Soft foods only: Stick with smoothies, yogurt, broth, or applesauce if you feel hungry. *Avoid hot, spicy, or acidic foods.*

### Medications

1. Tylenol (Acetaminophen):
  - Pain Relief: Tylenol is safe to take for managing pain. Please avoid NSAIDs such as Ibuprofen and Aleve, as they can increase the risk of bleeding.
2. Narcotic Pain Medication:
  - Prescription Medication: If you received a prescription for narcotic pain relievers, take them as directed for pain management. Be aware that these medications can cause constipation.
  - Preventing Constipation: You will be prescribed a laxative and a stool softener to prevent constipation. It's important to start taking these with your first dose of narcotic pain medication. Additionally, increasing dietary fiber, fluid intake, and physical activity can help manage constipation.
3. Zofran (Ondansetron):
  - Nausea Prevention: Zofran is prescribed to help prevent nausea and vomiting, which can be common after surgery. Take this medication as directed, particularly before meals or as soon as you feel nauseated.
4. Antibiotics:

- Infection Prevention: If you've been prescribed antibiotics, it's crucial to complete the full course as directed, even if you start feeling better. This helps prevent infection and ensures the effectiveness of the treatment.
- 5. Sinnech (Arnica Montana):
  - Reducing Swelling and Bruising: Sinnech is a homeopathic Arnica montana regimen that you'll take to help reduce swelling and bruising. This can potentially speed up your recovery process. Please follow the specific dosage instructions provided.

## Nutrition & Hydration

- Begin with soft, easy-to-swallow foods to minimize throat irritation.
- Avoid very hot, spicy, or acidic foods for the first week.
- Hydration: Stay hydrated with plenty of water. A general guideline is to aim for at least 8-10 glasses of water per day (about 2 to 2.5 liters). Limit or avoid caffeine and alcohol.

## Activity

- Movement is Important: Make sure you are up and walking around immediately after your surgery. This helps prevent Deep Vein Thrombosis (DVT), a condition where blood clots form in the veins, usually in the legs. Regular movement improves blood circulation and reduces the risk of clots.
  - Start with gentle walks around your home and gradually increase activity as recommended by your surgeon.
  - Walking is encouraged, but avoid bending your neck forward for long periods during the first week.
- Rest with your head elevated (using 2-3 pillows) for the first few nights to reduce swelling.
- Avoid strenuous activity, heavy lifting, or exercise for at least 2 weeks or until cleared by your surgeon.

## Voice Care

- Rest your voice as much as possible for the first week.
- Avoid whispering, as it can strain the vocal cords.
- Avoid shouting, singing, or whispering for the first 2 weeks. Limit talking to short, gentle conversations. Strenuous voice use (such as teaching, singing, or public speaking) should be avoided for 4–6 weeks, or until cleared by your surgeon.
- *If you experience hoarseness or difficulty speaking, notify your surgeon.*

## Driving

- Do not drive while taking prescription pain medication, as it can impair judgment and reaction time.
- Most patients can safely resume driving once they are no longer using narcotics, have good neck mobility, and feel confident turning their head without discomfort.
  - This is usually within 1–2 weeks.

## Bathing & Swimming

- Hot Tubs/Baths/Swimming Pools. No tub baths or swimming until your incisions have healed, and approved by your surgeon, which is usually around 2 weeks. It is best to wait one month for hot tubs as they tend to have more bacteria than regular chlorinated swimming pools.

## How to Care for Your Incisions

- **Keep Incisions Clean and Dry:** Keep the incision on your neck clean and dry to prevent infection. Gently cleanse with mild soap and water once daily, or as needed if there is dried blood or drainage. Always pat dry with a clean towel.
- **Avoid Scrubbing or Rubbing:** Do not scrub, rub, or apply pressure to the area. Pat dry with a clean, soft towel.
- **Stitches:** All stitches are absorbable and do not require removal.

## Post-Surgery Cold Therapy (optional)

- **When to Start:** You may begin icing your neck within the first 24 hours if instructed by your surgeon.
- **How to Ice:** Use a soft cold pack or a bag of crushed ice wrapped in a clean washcloth.
- **Barrier:** Never place ice directly on the skin. Always keep a cloth between the cold source and your neck.
- **Timing:** Apply for 15–20 minutes at a time, then remove for at least 40 minutes.
- **When to Stop:** Discontinue once most swelling has improved, typically after 2–3 days.
- **Important Notes:** Be gentle — do not press ice firmly against the incision or throat. If you feel increased discomfort, stop and contact your surgeon.

## Scar Management

- **Normal Healing:** The incision will be red or pink at first and gradually fade over several months.
- **Sun Protection:** Protect the scar from sun exposure for at least 6 months with clothing or sunscreen once cleared, to reduce the risk of darkening.
- **Topical Products:** Ask your surgeon before using scar creams, silicone gel, or silicone sheets. These may help soften and flatten the scar but should only be started after the incision is fully healed and closed.
- **Patience:** Scars can take 6–12 months to fully mature. Regular sun protection and gentle care give the best cosmetic results.

## What to Expect

- Mild swelling, bruising, and tenderness in the surgical area are normal for several days.

- Discomfort is usually well managed with prescribed or over-the-counter pain medication.
- Most patients resume light activities within a week, with full recovery taking several weeks.
- **Final Result:** Some improvement will be visible once swelling decreases in the first few weeks, but the neck contour and incision scar will continue to refine. Expect your final results to appear gradually over 6–12 months as healing completes.

## Emotional Recovery

It's normal to experience a range of emotions after surgery, especially when the appearance of your body changes. Some patients feel relief, while others may go through moments of doubt or grief. Please know that these feelings are valid and part of the healing process. You're not alone, and support is available if you need it.

## Signs of Infection or Complications

It's important to monitor your recovery and be aware of any signs that may indicate an infection or complication. Contact your surgeon immediately if you experience any of the following:

- Increased redness, warmth, or swelling around the incision site
- Pus-like or foul-smelling drainage from the wound
- Fever over 101°F (38.3°C)
- Severe pain that is not relieved by prescribed medication
- Excessive bleeding or new bruising
- Persistent chills or feeling unwell

Prompt communication with your healthcare team ensures the best possible recovery. Do not hesitate to reach out if you have concerns.

## Follow-up Care

- **Prioritizing Appointments:** Attending follow-up appointments is crucial for monitoring your recovery & ensuring the effectiveness of your treatment.

## Patient Communication Guide: Who to Contact Post-Operation

Type of Concern	Contact Information	Instructions/Examples
Non-Urgent Questions or Concerns for Dr. Ching or Dr. Long	Email: <a href="mailto:clinicalrn@drshimching.com">clinicalrn@drshimching.com</a>	<ul style="list-style-type: none"> <li>• General recovery questions</li> <li>• Appointment inquiries</li> <li>• Prescription refills</li> </ul>
Urgent Questions or Concerns	Office Phone: (808) 585-8855 <u>After 5pm or on weekends:</u> Dr. Ching & Dr. Long @ Physician's Exchange (808) 524-2575	<ul style="list-style-type: none"> <li>• Swelling, bruising, or redness</li> <li>• Severe pain</li> <li>• High fever</li> <li>• Unusual discharge or odor</li> <li>• Uncontrolled bleeding</li> </ul>
<b>Medical Emergencies</b>	Call 911 or go to the nearest emergency room	<ul style="list-style-type: none"> <li>• Difficulty breathing</li> <li>• Chest pain</li> <li>• Severe calf pain</li> <li>• Signs of heart attack or pulmonary embolism</li> </ul>

### Our Commitment to You:

We are here to support you throughout your recovery journey. Your safety is our priority, and we encourage open communication. By guiding you on the most appropriate communication channels for your concerns, we aim to provide efficient and effective care, ensuring you feel fully supported & cared for.