

## **Excision of Neck Mass Surgery**

### **Post-procedure Instructions**

#### **Special Instructions**

- If a drain was placed during surgery, it will typically be removed in 1-4 days. This is usually done in the office.
- Do not drive while taking narcotic pain medications.

#### **Medication**

- Use prescribed narcotic pain medication as directed. You may supplement with Motrin® as needed.
- Antibiotics are not typically prescribed unless deemed necessary by your surgeon.
- If you were previously taking aspirin or other blood-thinning agents, you may restart these 3 days after the procedure unless instructed differently by your doctor.

#### **Activity**

- Light activity until follow-up visit. Do not lift more than 30 pounds during this time, but you may do some limited aerobic exercise as tolerated.
- You may shower 48 hours after surgery. If a drain was placed, you may shower 48 hours after the drain is removed.
- Most patients return to work within 1 week of surgery.

#### **Diet**

- No restrictions.

#### **Postoperative Follow-up Appointment**

- Usually 1 week after the procedure. Call 636.441.3100 should you need to reschedule or confirm.

#### **What to Expect**

- You may have mild pain or even some numbness around the incision.
- Discomfort will gradually improve over the first few days and should respond to pain medication. Use ice packs over the wound as necessary.

#### **When to Call**

- Call the office at 636.441.3100 during routine hours for questions, concerns or medication refill requests. Please remember that pain medications will only be refilled during regular office hours.
- After-hours and weekend calls should be limited to urgent and emergent issues such as the following:
  - Excessive bleeding, or development of discolored wound drainage
  - Adverse reactions to prescribed medications, such as rash or vomiting
  - Fever >101.4° that does not respond to Tylenol® or Motrin®
- Should you choose or be instructed to go the ER for any reason, we ask that you go to either St. Joseph Hospital-Lake St. Louis or Barnes-Jewish St. Peters Hospital.