
Head and Neck Surgery

Leaving the hospital:

1. If you have not already been given a postoperative appointment, please ring our office and arrange a visit for approximately 1 week after surgery to have your wound checked.
2. Any medication you are prescribed, should be taken as directed on the bottle. Typically you will only need to take simple pain relief and occasionally some antibiotics.
3. There are no dietary restrictions.

Precautions:

1. GENTLE nose blowing is OK 48 hours after surgery.
2. DO NOT take any unnecessary chance of catching a cold. Avoid undue exposure or fatigue. Should you catch a cold, treat it in your usual way.
3. You may anticipate a certain amount of discomfort after the surgery, but this is typically well controlled by pain tablets.
4. DO NOT plan to drive a car home from the hospital. Someone should drive you home.
5. You should not perform any heavy lifting (more than 5 kilograms) or vigorous physical activity for three weeks after surgery.

Pain Management:

- Paracetamol (panadol) and on occasion a stronger pain killer are usually all that is required.
- Pain usually settles within 3 to 4 days.
- If these measures are not controlling your pain then contact your anaesthetist or us at the rooms.

Nausea and Vomiting:

- While it is not uncommon to get some nausea and or vomiting after surgery it is not usually severe or long lasting.
- If you find you have persistent nausea and vomiting then contact your anaesthetist or the rooms.

Wound care:

- You can shower and get your wound wet the morning after the operation.
- It is important to pat it dry with a towel.
- The steri strips (white paper strips) are to remain in place until your post op appointment.
- The site where the drain tube was located can have a simple dry dressing.
- From 1 week post operatively you can rub Sorbolene / Vitamin E cream or equivalent across and along the wound to help with healing and scar minimisation.

