

Discharge Information: post Neck Surgery



MEG
MELBOURNE ENT GROUP

Dear Patient/Carer:

Please read this document carefully as it contains important information that complements the instructions given by your MEG ENT Specialist during your recent surgical admission.

Medications:

Pain Management:

- You should receive analgesics and instructions (e.g. **Paracetamol, oxycodone**) prior to your discharge from hospital.
- Use as directed.

Antibiotics:

- Oral Antibiotics may be prescribed on your discharge from Hospital
- You will be advised by your **MEG ENT Specialist**.

Regular Medications:

- Do not recommence Aspirin, Nurofen, Plavix, Fish Oil, etc. for at least 2 weeks after surgery or as instructed by your **MEG ENT Specialist**.

Wound Care:

- Keep the wound clean and dry.
- Try to protect the wound from water for the first 72 hours.
- You may clean the area around the wound with a clean towel soaked in warm water.
- If you have stitches or skin clips these will need to be removed and you will be instructed upon discharge as to when and where they can be removed.

Bleeding:

- It is uncommon to have bleeding from the wound site after discharge from hospital.
- If you encounter any bleeding, swelling or redness, with increasing pain and pressure from the wound, you should immediately contact your doctor or the hospital emergency department.

Diet:

- Generally there are no post-operative dietary restrictions, though your **MEG ENT specialist** may suggest avoiding hot foods, or a softened diet if you have had an associated intra-oral surgery.

Return to Normal Activities:

- You will usually require 2 weeks leave from work for full recovery.
- **First 72 hours:**
 - Avoid hot showers and saunas for 3 days
- **Week 1-2 post op:**
 - Refrain from vigorous activity for 2 weeks to reduce the chance of bleeding.

Attend your nearest Emergency Department or Local GP Clinic if:

- You experience bleeding or sudden increase in bruising or pressure.
- You have increasing pain, and/or discharge.
- You have a fever or feel increasingly unwell.

On your Postoperative Appointment:

- Your **MEG ENT Specialist** will remove any non-dissolvable sutures at the first post-operative review, at 2-3 weeks after surgery.

We will confirm the time and date of your post-operative appointment soon. Do not hesitate to contact us if you require any further information regarding these instructions.

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