



Santa Barbara ENT

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OUTPATIENT SURGERY INSTRUCTIONS AFTER THYROID/PAROTID/NECK SURGERY

PAIN / DISCOMFORT

Most patients experience mild or moderate pain for the first few days, but most pain subsides by the end of the week. You may use plain Tylenol or your prescribed pain medication. You should not take plain Tylenol within four hours of taking Tylenol with codeine, Vicodin, Percocet, Darvocet, or Lortab as these narcotic prescription drugs already contain Tylenol.

DRAIN MANAGEMENT

If you are sent home with a drain, the nurse will give specific instructions on how to manage the drain and the dressings. You will have an appointment in the next 1-3 days to have the drain removed.

WOUND CARE

If the incision was closed with stitches that you can see or steri-strips (paper tape), then wait 24 hours to shower. Let the soapy water run over the incision. After showering, pat the incision dry and apply over-the-counter antibiotic ointment. You may cover the incision to prevent the ointment from getting on your clothing. Apply ointment twice a day. If the incision was closed with a glue, you may begin showering immediately and no special treatment is needed for the incision.

ADDITIONAL INSTRUCTIONS

Keep your head elevated on at least 3-4 pillows for the first 36 hours after your operation. Avoid heavy lifting, coughing, athletic or other strenuous activity. Do not fly in an airplane for 3 weeks.

FOLLOW-UP APPOINTMENT

Dr. Golgert would like to see you in approximately 1 week.

EMERGENCIES

If you have a fever above 100, persistent nausea/ vomiting, bleeding from the incision site or swelling of the neck, please contact Dr. Golgert through the office number (805)563-1999. If Dr. Golgert is unavailable, the doctor "on call" will be listed on the office message. If you are unable to contact a physician and you have an emergency, then call 911 or proceed to the nearest Emergency Room.