



**PUGET SOUND EAR, NOSE & THROAT CARE CENTER**

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## **REMOVAL OF A HEAD OR NECK MASS**

**POST OP SYMPTOMS:** Usually mild to moderate pain and swelling at the surgical site for 3-4 days after surgery.

**GENERAL RECOMMENDATIONS:** Keep head elevated for 48 hours. Use extra pillows to Elevate head while sleeping.

Apply ice pack or cold gel pack to surgical area site for the first 24-48 hours after surgery.

No strenuous activity for 1 week.

**CARE OF INCISION SITE:** You may remove the bandage after 2 days. After removing the bandage, if there are steri-strips (little tapes) on the incision, try to keep these dry. If **no** steri-strips are present, you may clean the incision with hydrogen peroxide and apply antibiotic ointment to the incision twice a day, as well as after showering.

\*exceptions: If a drain (tubing) has been placed in the incision, you may want to keep a bandage on the incision. Do not get the area wet. Your doctor will tell you when to come in to have the drain removed.

**PAIN:** Use pain medication as needed for discomfort.

**PROBLEMS:** Gross swelling, active bleeding, redness, drainage, or separation of the incision, fever above 101 degrees, increasing pain, or nausea are not usual and warrant a call to the office.

**POST OP APPOINTMENT:** You should have an appointment for 1 week after surgery. Stitches are usually removed at this time.

**For questions, problems or refills, call the office at (425) 775-6651. Some medications require a written prescription, so call for a refill before you run out of medication.**

**Medication requests must be made during office hours.**

**There is always a doctor on call after office hours for emergent problems: (425) 775-6651.**