

St. Elizabeth's Medical Center

A STEWARD FAMILY HOSPITAL



Post-Treatment Instructions for Neck Dissection

Otolaryngology Head and Neck Surgery Department at St. Elizabeth's Medical Center

1. This procedure is considered to be major but not especially painful. Your discomfort will improve slowly over a period of 7-10 days. Be careful when taking narcotic pain medication, as this can cause constipation
2. Reduce your normal activity while healing. Lift nothing heavier than a jug of milk until your first post-op appointment, and use stool softeners as needed.
3. It is important to clean the wound three times daily with ½ strength peroxide and place antibiotic ointment over the incision after each time. Also note any swelling, or areas of the incision pulling apart. Redness is common.
4. Sudden and rapid swelling is a serious finding and should be reported to the ENT fellow on call immediately. If you experience shortness of breath with this, instead call 911.
5. You should empty drains three times per day, and record daily outputs. Nursing staff will show you how to do this. Your doctor may ask you to call these numbers in daily.

6. _____

Post Operative Emergency Contact Information:
Daytime clinic number: 617-789-5004
After hours (ENT Fellow on call): 617-789-3000

Patient's Signature _____ Nurse's Signature _____

Otolaryngology Head and Neck Surgery Department
St. Elizabeth's Medical Center
736 Cambridge Street SMC-8
Boston, MA 02135
617-789-5004