St. Elizabeth's Medical Center



Post-Treatment Instructions for Head and Neck Major Operation

- 1. You will feel discomfort in the operative site for up to 10 days post-operatively. This is normal and will slowly improve. Use caution with narcotic pain medication, as this can cause constipation.
- 2. Decrease your normal level of activity while you are healing. Lift nothing heavier than a jug of milk until your first post-operative visit.
- 3. Watch carefully for sudden increase in size at the operative site or swelling. This may mean there is a blood clot under the skin. Please call the clinic or the ENT fellow on call. If you experience shortness of breath with this call 911 immediately.
- 4. Clean all incisions three times per day with ½ strength peroxide, then place antibiotic ointment over the same places after each time.

5. Empty all drains three times per day and record daily separate outputs. Your

	doctor may ask you to call these values in.
6.	
7.	
For Bleed Daytime	erative Emergency Contact Information: ding, x, y, or post-operative emergency situations please call: clinic number: 617-789-5004 urs (ENT Fellow on call): 617-789-3000

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

Patient's Signature______ Nurse's Signature_____