

DIET:

1. A light diet, such as gelatin, liquids, popsicles, pudding and soup is best for the first 24 hours following surgery. Avoid spicy, hot or gaseous foods.
2. If patient experiences nausea or vomiting, avoid giving solid foods. Try tea, Gatorade, 7-Up, etc. until nausea passes.
3. Avoid foods that are hard to chew. Do not chew gum.

MEDICATIONS:

Continue routine medications.

Patient given Rx: _____

You may **alternate** Ibuprofen with your prescribed pain medication, unless directed differently. **DO NOT TAKE ASPIRIN.** If you are **NO LONGER** taking prescribed pain medication, you may alternate Tylenol with Ibuprofen for pain control.

If taking prescribed pain medication, you should not drink alcoholic beverages or drive a car.

GENERAL ANESTHETIC:

After a general anesthetic, the patient may experience some weakness, dizziness, sleepiness. A responsible adult must stay with the patient for 24 hours because of the effects of the anesthesia. Adults should not drive a car, operate dangerous machinery or make important or legal decisions for up to 24 hours. You may have a sore throat for a while.

ACTIVITY:

1. Most patients should remain quiet and inside the house for at least two days after surgery.
2. Patient should plan to take 1-2 weeks off work after surgery.

SPECIAL INSTRUCTIONS:

1. There is an incision in the patient's neck and possibly a drainage tube in place with a dressing covering the incision and the drainage tube.
2. If you have a drainage tube, it will be removed the day after surgery in the surgical facility or office. Please do not remove the dressing until seen by the surgeon unless otherwise instructed. Drain removal is as simple as the removal of a single stitch and is not accompanied by any significant discomfort.

Instructions explained by: _____ Date: _____

I understand the above: _____ Relationship: _____

WOUND CARE:

1. Keep dressing and/or incision clean and dry.
2. Remove dressing after 24 hours.
3. Keep wound clean, wash gently with clean fingertips and mild soap and water.
4. **Do Not** let the shower directly strike the wound.
5. Apply an antibiotic ointment to the wound twice daily.
6. It is not unusual to note swelling, discoloration, bruising, and minimal bloody seepage around the area of the incision.
7. After parotid surgery, you may have some numbness of the ear that may be permanent.

FOLLOW-UP:

Office appointment _____

Keep appointment as made during patient's pre-op visit.

Other: _____

MISCELLANEOUS:

Contact physician if you have further questions or patient experiences:

1. Excessive bleeding through the dressing.
2. Persistent severe pain not relieved by medication.
3. Vomiting after stopping prescription pain medication.
4. Persistent temperature greater than 101°F and lasts for 8 or more hours.

Drs. Jetmore, Bawa, & Hirons

Telephone (765) 966-1600

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For serious problems, report to your nearest Emergency Department.

PATIENT INSTRUCTIONS

THYROID/SUBMANDIBULAR/PAROTID GLAND/NECK MASS EXCISION

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