



Dr. Hall's Hospital Discharge Instructions Following Head and Neck Surgery

Activity

Proceed with your daily activities as tolerated. Walking following the operation is encouraged.

Diet

Eat a healthy and well-balanced diet. A separate instruction sheet will be provided if necessary. A full liquid diet for one week is sometimes better tolerated after a head and neck operation.

Wound Care

The wound care is different for every type of skin closure that is performed. Please see below for instructions.

- **Surgical glue**
 - You may shower daily immediately. Do not submerge the wound in a bath for 2 weeks. No swimming for 2 weeks.
 - Wash the wound with regular soap and water daily.
 - No need to apply any ointments or lotions.
 - The surgical glue will flake off after several weeks. The sutures under the skin will dissolve.
- **Steri-strips**
 - Remove the top dressing in 2 days and shower. Do not submerge the wound in a bath for 2 weeks. No swimming for 2 weeks.
 - Wash the wound with regular soap and water daily.
 - No need to apply any ointments or lotions.
 - The Steri-strips will fall off after several weeks. If they have not fallen off in 2 weeks it is okay to remove them. The sutures under the skin will dissolve.

Reasons to Call Your Surgeon

- Rapid swelling to the area with or without shortness of breath. Please call our office and proceed to the Emergency Department immediately. This can indicate blood is collecting under the wound.

Follow Up and Results

Follow up in our clinic in two weeks for a wound evaluation and to discuss your results. If there are any problems or questions after surgery, please call our office at (731) 422-0304.