

Following Neck Surgery, Discharge Information

Patient Information

Ear, Nose and Throat (ENT) Service

Going home after your surgery

You will be able to go home once you have made a full recovery from your anaesthetic.

You may feel drowsy because a small amount of the anaesthetic may still remain in your body; this can slow your reaction time/coordination and affect your reasoning/judgement for the next 24 hours. You should not consume alcohol, make any important decisions, sign any documents (including legal), drive a car, cycle, ride a motorbike or operate heavy machinery for at least 24 hours after your operation.

Some side effects following anaesthesia may include sore/dry throat – this usually resolves within a few days, slight cough, nausea and vomiting, dizziness/feeling faint, headache, shivering, muscle aches/weakness and itchiness/rash.

These are usually temporary and not a problem. Others like nausea; vomiting or mild discomfort can be helped with other medications. Please let your nurse or doctor know if you have nausea and vomiting after your surgery.

Pain Relief

You can take Paracetamol (Panadol) 2 tablets (1 gram) every 4-6 hours. Do not exceed more than 8 tablets (4 grams) over a 24 hour period.

You have been given.....at.....am/pm

Do not take anymore until.....am/pm

Do not take any aspirin, disprin (blood thinning tablets) or anti-inflammatory tablets (voltaren, ibuprofen, and paracoxib/tenoxicam) unless it is prescribed / advised.

Medications

It takes about a week to get most of your strength and energy back. It is normal to feel tired or have slight pain and discomfort around the surgery site. Unless advised otherwise continue with your medications as prescribed. If you are prescribed antibiotics, please complete the course.

Neck wound

Your neck wound must be kept clean and dry.

In some circumstances a District Nurse will visit to change and review your neck wound dressing.

Signs of infection

Please contact your GP if;

- Your wound becomes red
- There is an increase in swelling
- You have increasing pain
- There is an increase in the amount of discharge from the wound
- Or if discharge becomes offensive smelling
- If you have an increase in your temperature or feel feverish and unwell

Activity

Avoid any sudden head movements involving your neck or straining for 2 to 3 weeks after your operation.

Eating and drinking

[continued]

Please follow the advice given to you by your ENT doctor and/or the hospital dietician when you get home.

Follow-up

An outpatient appointment will be sent for you to be seen in:

Any non-dissolving sutures/stitches will be removed at this appointment

You may have been asked to make an appointment with your own family doctor (GP) to have your sutures removed prior to your outpatient appointment.

If you are concerned about any aspect of your procedure please contact your own GP, in the first instance.

If at any time it becomes difficult to breathe call 111 for an ambulance

Additional comments

Contact us

**Wellington Hospital Main Outpatient
Department, ENT Services**

Phone: (04) 385 59999 ext. 80400

Hours: Monday to Friday 8am – 4:30pm (excluding public holidays)

