



Excision of Neck Mass Post-Operative Instructions

This procedure involves making an incision in and around the skin overlying the mass. The tissue that overlies the mass is separated to allow access to the mass. The mass is separated from the surrounding tissue and removed. Care is taken to avoid injury to the nerves that may be nearby. The mass will be sent for pathologic evaluation. More extensive surgery may be necessary in the future if the biopsy indicates a malignant growth.

WHAT TO EXPECT:

The typical period of skin pain is about 10 to 14 days.

There may be a drain in the wound for several days. This MAY produce a discharge during that period of time. The drain is removed on the first to third postoperative day.

DIET: You can advance to a regular diet as tolerated.

WOUND CARE:

- Keep wound clean and dry.
- Keep the area from the sun. Use a wide brim hat to help block the sun rays from the skin. After the skin heals (6 weeks after surgery) apply a minimum of SPF 30 sun block to the entire skin area.
- If steri-strips were applied, allow those to fall off on their own which typically takes 3-7 days.
- You may apply a small amount of Bacitracin (over-the-counter) ointment over the ster-strips twice daily, try to avoid the ends of the strips.
- The incision will leave a scar. It will initially be red then gradually turn pink before it returns to skin color. The entire scar maturation time will take several months.
- Try not to stretch the area that was operated. Do not put increased tension on the incision for at least three weeks.
- Avoid getting the wound wet for the first week. Bathing is better than showering. Don't soak the wound. It is permissible to get the wound wet for short periods of time after that.
- Leave the tape over the wound in place. The doctor will change it after approximately 7 days.

ACTIVITY: After discharge from the hospital, you should remain without any significant physical exertion for 7 days. Lifting anything heavy (over 20 pounds) should be avoided. Sleeping on three pillows to elevate the head above the heart is encouraged. No sports should be undertaken for at least two weeks, and for the next two weeks, only mild exercise at that. No contact sports should be participated in for a month or more.

PAIN CONTROL: A prescription pain medication will be given for the first week. Generally, a refill will be included for the second week, if needed.

Call the office if you have any questions.