



PERTH ENDOCRINE SURGERY

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Thyroid | Parathyroid | Adrenal | Hernia | Gallbladder

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Post Neck Dissection Information Sheet

Wound Care

What do I do with the dressings?

You will have steri-strips (sticky white bandaids) covering your wound. These will slowly lose their stickiness over a period of ten days. You can allow the steri-strips to fall off after this time or if they remain in place they can be removed by your doctor at the first follow up appointment in clinic which will be **two weeks** from your operation. You should replace this with micropore tape which can be changed 2-3 daily for a month after the surgery to aid with scarring

When can I get the wound wet?

You can shower immediately after the surgery, make sure to dry the wound well gently with a towel. It is advisable to avoid the wound becoming excessively wet such as swimming or taking a bath.

What happens with the sutures?

Your sutures are completely dissolvable and hidden and do not need to be removed by a doctor or nurse.

What if I notice Wound Swelling?

It is common the tissues immediately above the wound to swell in the early period after surgery, typically day 3 to 4 post operatively. This swelling is a normal wound healing process and will subside over time without any specific intervention.

What do I do about the drain?

If you have been discharged with a drain, this will be monitored by nursing staff daily. The drain results are monitored and will be communicated directly with your surgical team and removed when appropriate. Afterwards a dressing will be placed over the wound. You can remove this dressing after a week

What diet can I have?

You should eat a low fat diet for 10 days after your operation, after which you can return to full diet unless instructed otherwise.



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Exercise and Driving

When can I drive?

It is safe to drive post operatively when a patient can turn their neck comfortably such that they can see things around them on the road and are not requiring sedating pain medication such as tramadol, panadeine forte etc. This is commonly after two to three days post operatively.

When can I start exercising?

It is best to avoid any strenuous activity for two weeks after your surgery. This includes heavy straining, lifting and the gym. Light exercise such as walking is very safe. You should also perform the simple neck exercises as described in the information pamphlet provided.

When can I return to work?

You will be given a medical clearance for two weeks after your surgery. If your work is not labour intensive involving heavy lifting and straining, you may return to work sooner than this if you wish to do so.

Medications Post Neck Dissection

You do not require any new medications from your surgeon other than routine pain relief as prescribed. If you have had a thyroid operation at the same time please see the thyroid information sheet for medications

Blood Tests Post Neck Dissection

You do not require any blood tests from your surgeon other than routine pain relief as prescribed



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Stretching exercise after neck operation

Let's move slowly and fully at least three times a day.



1. Relax your shoulders and neck sufficiently.



2. Look down.



3. Turn your face to the right. 4. Turn your face to the left.
(Be careful not to move your shoulders.)



5. Incline your head to the right. 6. Incline your head to the left.



7. Turn your shoulders round and round.



8. Slowly raise your hands fully then lower them.