

EAR, NOSE AND THROAT ASSOCIATES OF CHESTER COUNTY

Alexander C. Keszeli, D.O. **Alfred J. Mauriello, II, M.D.**
Michael A. Picariello, M.D. **Joseph L. Smith, II, M.D.**
Daniella D. Benson, PA-C
Nicole A. Walstein, PA-C

SOFT TISSUE SURGERY OF THE HEAD AND NECK

(Thyroidectomy, Parotidectomy, Parathyroidectomy

Excision of:

Submaxillary Gland, Cervical Cyst, Lymph Node)

>>PATIENT INSTRUCTIONS>>

Please read and familiarize yourself with these instructions both **BEFORE** and **AFTER** your procedure. By following them carefully, you will assist in obtaining the best possible result from your surgery. If questions arise, please contact our physicians or nurses.

PRE-OPERATIVE:

- For one (1) week prior to surgery, you should not take any aspirin or aspirin containing drugs, nor any ibuprofen or ibuprofen containing drugs. Examples of these include Advil (Motrin), Naprosyn (Naproxen), or Fiorinal. Also, supplements which should be avoided include Vitamin E capsules, omega 3 (fish oil), or glucosamine chondroitin. If you are required to be on any of these medications, discuss this matter directly with your ENTACC provider before stopping. If you are on Coumadin (Warfarin), Aspirin, or Plavix, please discuss with the prescribing physician about how to adjust this medication prior to your surgical procedure.
- Your physician will provide you with prescriptions for medications to take at home following surgery. Please prepare by filling your prescriptions prior to your surgery. Take only the medications prescribed by your physician(s).
- Call our office at 610-363-2532 if you have any questions about your surgery.

POST-OPERATIVE:

- Any pain medications prescribed by our physicians are safe to use in the post-operative period. For children, liquid acetaminophen (brand names Tempra and Tylenol) may be used with a dosage determined by the age of the child. Adults may use tablets or capsules of acetaminophen with the same brand names.
- Incisional areas do not generally require dressings unless they are irritated by clothing or exposed to dirt. If a dressing is required, keep it dry and change it as instructed and as necessary. It should be changed if it becomes wet.
- Do not get the incisional areas wet or wash them for 72 hours after surgery, or as directed by your physician. Keep these areas clean and dry.
- Apply Bacitracin Ointment three (3) times daily with a clean Q-tip over the incisional lines.
- Please notify us of any unusual swelling, redness, bleeding, drainage or discomfort in the incisional areas.

If you have any questions concerning your comfort or care, please contact our office at 610-363-2532.