Diet
- You may return to your normal diet if tolerated.

Medications
- A script may be given by your doctor for pain control along with instructions for its use.
- Continue your medications as ordered by your doctor.
- You may take Tylenol or Extra Strength Tylenol for pain. Follow package directions.
- You will be sent home with medicine to thin your blood. This will be Aspirin, Plavix, or Aggrenox. Make sure to take it daily.

Activity
- You may slowly return to your normal activities.
- No strenuous activities for 2 weeks following surgery such as working out, heavy housework or any activity that requires your head to be in a lower position such as gardening or cleaning floors.
- You will have neck swelling on the side of the surgery for about 6-8 weeks that gradually improves. It is normal to see more swelling in the morning after sleeping in a bed which decreases after being out of bed for an hour or so.
- Do not drive for at least 2 weeks after surgery or until you are able to move your neck freely.
- Do not drive if you are taking narcotics for pain control.

Incision and Personal Care
- You may shower 2 days after your surgery.
- Gently wash the incision with mild soap and water. Do not rub or scrub, and pat dry.
- No tub baths, swimming, or hot tubs until the incision is healed.
- Your sutures do not need to be removed
- Do not put any creams, lotions, ointments or powders on your incision.
- You may apply a moisturizing lotion to the skin around the incision.
- You may use an electric razor only to shave around the incision. No razor blades until all swelling is gone.
Normal Expectations
- You may have some numbness along the jaw line and earlobe after surgery. This is normal and will slowly go away within 6 to 12 months.
- You will see some bruising, discoloration and swelling along the incision line.
- The incision may feel hard, but this will disappear over time.

When to call the office
- If there is a sudden increase in swelling around the incision.
- Redness around your incision, or more than a few spots of drainage from your incision.
- If you have difficulty breathing.
- If you have severe headaches.
- A fever of 101°F or greater.
- Call the office to schedule your follow-up appointments if this has not previously been done.

Signs of a stroke or Mini-Stroke
- Numbness or weakness of the face, arm or leg, on one side of your body.
- Trouble speaking or understanding others.
- A sudden change in your vision, especially a loss of vision in 1 eye.
- If any of these symptoms occur, do not wait, call 911 immediately.

To keep you in the Best Health
- Follow a low-fat, low-cholesterol diet or any other diet that was ordered by your doctor.
- It is important to maintain a healthy body weight.
- If you smoke, we recommend that you quit.
- Be sure to keep all follow-up appointments.
- Follow all your doctor’s instructions regarding medications and treatments ordered for you.

If you have questions or problems at home or you need to make or change a follow up appointment:

University Hospital 315-464-1800
Community campus 315-492-5750
Any satellite office: 315-464-8272
(Ithaca, Watertown, Camillus West Hamilton, Ogdensburg, Oswego)