Diet
- Slowly restart your normal diet.
- You may have sleepiness, nausea, and vomiting because of the anesthesia. These common side effects usually go away within 24-48 hours.
- If you have nausea or vomiting then try just clear liquids or light diet for a few hours and then work back towards your regular diet.
- If they continue or become worse, call your physician.

Medications
- You will get a prescription for pain or swelling control along with any instructions.

Activity
- Walk either inside or outside your home if you can tolerated it. If you need a walker or cane, feel free to use it. Go slowly for the first 2 weeks and if you feel pain in your back or legs then stop.
- No lifting over 10 pounds.
- You may climb stairs if tolerated.

Bathing/Incision Care
- 48 hours after surgery the bandage can be removed and you can shower at this time. No tub baths.
- Let the Steri-strips or paper tape peel off by itself. Once it is almost all the way off you can peel it the rest of the way off.
- After you shower, cover your incision with large Band-aids for 2 weeks.

Work/School
- You may return to work or school only if this has been discussed with your doctor first.
- Any 'return to work' forms can be completed in our office. Please bring or mail them to us.

When to call the office
- If you have drainage at the incision.
Call right away if you have:
- Fever greater than 101° F.
- Worsening pain or numbness.
- Worsening swelling.
- Sensitivity in the front of your neck.
- Breathing problems.
Follow-up Visits
A follow-up visit is scheduled approximately two weeks after your surgery. Please be sure this has been scheduled. If not please call the office to schedule at 315-251-3100.