

Postoperative Instructions for Neck Surgery

1. Do not take aspirin or ibuprofen-containing products for two (2) weeks before and one (1) week after surgery.
2. Do not take vitamin E or herbs for two (2) weeks before and one (1) week after surgery. The herb, Arnica Montana, may be used prior to and after surgery to decrease bruising.
3. If a dressing is in place, remove it the morning of the day after surgery.
4. Keep the incision dry while bathing for two (2) days after surgery.
5. Apply antibiotic ointment four times (4 x) daily.
6. Take your medications as prescribed.
7. Please contact the office if you have any questions.
** Office #: 610-376-9728, prompt 2 from a touch-tone telephone.

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