

Anterior Neck “Z-plasty” Surgery

Clinic Phone Number: (801) 449-9990

1. Post-operative care:

A caregiver over the age of 18 MUST be with you for 24 hours following surgery.

2. Immediately after your surgery- Go to www.MobleyMD.com/care. There is a post-op care video(s) for you to watch. There is not much to do for the first 48 hours but its good to watch the video to familiarize yourself. Normally we remove the dressing 2-3 days after surgery. Out of town patients can make special arrangements.

3. How you should expect to feel after surgery:

- Procedures can make you feel groggy for up to 48 hours after surgery. This can cause nausea and sometimes vomiting. Keep yourself hydrated with water, 7-Up, Gatorade, or other sports drinks. Eat a bland diet (saltine crackers and broth for starters).
- After surgery you will have some pain and discomfort, which is to be expected and should be controlled with pain medications (Tylenol or prescription pain medications only)
- **Escalating, severe pain is not typical and should be addressed.**
- You will have a pressure dressing that will cover your head and neck. You may have one or two small plastic drains that will be coming out of the dressing as well. These will all be removed at the 1-2 day post-operative appointment. There is a good video on MobleyMD.com/care to show you how to care

for your drainage tube. If you feel claustrophobic from the dressing, please contact our office and we will be able to help with this.

- You will have swelling, which is common after facial surgery. You are able to use ice for 20 minutes on and 20 minutes off. Swelling usually peaks at day 3, and slowly subsides after that. It is common for some minor swelling to last 2-5 weeks after surgery. Each patient is different in their healing process.
- When resting, elevate your head above your heart to help decrease swelling for the first 3 days after surgery. An extra pillow or two is usually all that is needed. Sleeping sitting up is not necessary. **In addition, using a travel U- shape pillow around the front of the neck** will help keep your neck in the proper position while sleeping/resting. Keeping the neck from slouching or from looking down is important.
- Avoid unnecessary head movement or vigorous chewing for the first week after surgery. This will help minimize complications and prevent some discomfort.

4. **Pain Management:**

- Dr. Mobley will prescribe you a narcotic Pain Medication to help control your pain after surgery. They will explain in detail how and when to use them. **If you have any allergies or issues (nausea, itching, or sensitivities) with a certain pain medication, please let them know in advance, so they are able to give you a more compatible pain medication prescription.**
- **Tylenol is the ONLY over the counter pain medication you are able to take after surgery for seven days.**
- Common side effects of narcotics include:
 - Constipation: Take a stool softener (MiraLax), increase fluids and walk more.
 - Nausea: Decrease narcotics, use a suppository, and take medication with food.
 - Loss of appetite: This will improve over time and once you stop taking the narcotic.
 - Sleepiness: This will improve once you stop taking the narcotics.
 - You should **NEVER** drive or consume alcohol while taking narcotic pain medication.

5. Bandage/Wound care:

- When you come in for your post-operative appointment, the pressure dressing will be removed and replaced with a removable, elastic band. Dr. Mobley or his staff will explain wound care at that time. The elastic band should be kept on for 24 hours per day, only to be removed for a brief period of time when showering.
- Starting the second week following surgery the elastic band can be worn only at night for the next 30 days.
- The sutures will be removed approximately one week after your surgery.

6. Activity/Exercise:

- Following your surgery, NO strenuous activity or exercise for the first week.
- Light mobility is encouraged and is vital to your recovery. Take short frequent walks around your house to decrease the chances of complications, to decrease the possibility of developing a blood clot, and to maintain good circulation.
- Do not lie in bed for extended periods of time.
- One week following surgery, you can begin to increase your activity by 15% each day. By the 14th day following surgery, you should be back to your normal activities.

7. Return to work:

- In most cases you will be able to return to work within 10-14 days after your surgery. Each patient is different in their healing process, so this can be discussed at one of your post-op appointments. A return to work form can be given to you at that time.