
3D Neck 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.

- **Before and Immediately after your surgery-** Go to www.MobleyMD.com/care. There is a post-op care video(s) for you to watch. It is critical to watch the videos and be familiar with their content. Normally we remove the dressing and drain 2-3 days after surgery.

2. Bandage/Wound care:

- There is an excellent video demonstrating the “neck milking” on MobleyMD.com/care. Make sure to watch and follow these instructions.
- “Milking” of the operated area- first 2 to 3 days: In 3D Neck surgery we sometimes do NOT place a drain under the skin. IF you do NOT have a drain, it is important that you do the “milking” as instructed. {If you do have a drain, then this step is not needed}. We do NOT want any fluid to build up under the skin in the area operated. Dr. Mobley purposefully leaves tiny “micro gaps” between some of the skin stitches that is just enough space to allow any fluid to be removed. Understanding this, you are advised to “milk” the underside of your chin area from the Adam’s apple area up to the chin incision area. This way, if there is any fluid under the skin it is directed/massaged to the

“micro gaps”, and drain between the stitches and directed away from the operated area and out of your body. Any fluid “trapped” under the skin can lead to lumps or irregularities. For these reasons, we want you to perform this “milking” approximately every hour for the first 24-48 hours. If there is a drain, it will typically be removed at the 2 - 3 day appointment following surgery.

- **Travel Pillow/ Neck Collar** – it is very important that you do not “slouch” or look down for long periods of time in the first week after surgery. Reading a book, looking down a cell phone etc. To help with this we recommend a travel pillow that you can place around the neck to keep you from slouching or looking down.
- When you come in for your post-operative appointment, the pressure dressing will be removed and replaced with a special 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 for the next 7 days.** Only to be removed for a brief period when showering or eating.
- Starting the second week following surgery the elastic band can be worn only at night for the next 30 days.
- **You are able to wash your hair once Dr. Mobley or his staff removes the original dressing.**
- **Do NOT take long hot steamy showers after surgery.** Hot water can dilate blood vessels and cause bleeding. Showers should be brief and lukewarm. “Get in, get clean, get out, get your dressing back on your face” is a good adage.
- **The sutures will be removed approximately one week after your procedure.** Patients from out of town may make other arrangements.

3. How you should expect to feel after surgery:

- The procedure 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 after surgery may help reduce nausea.

- 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. 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 will slowly subside after that. It is common for some minor swelling to last 2-5 weeks after surgery. Patients are 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 enough. 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.

No aspirin, Alleve, or Ibuprofen. They can all cause bleeding.

- Common side effects of narcotics include:
 - Constipation: Take a stool softener (MiraLax), increase fluids and walk more.
 - Nausea: Decrease narcotics, use the anti-nausea 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. 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 chance 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.

6. 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.