



The Head+Neck Center
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SINUS
ENDOCRINE
HEAD AND NECK CANCER
VOICE DISORDERS
SALIVARY GLANDS
TONSILS AND ADENOIDS
EARS
PEDIATRICS
SNORING / SLEEP APNEA

Lumps and Bumps

The surgeon will provide information specific to your individual surgery. This handout provides general and essential information about removal of lumps, bumps and lesions of the head and neck. After your consultation with the surgeon if you have any questions regarding your surgery, please call our office.

Any lumps and bumps with an unknown cause will be sent to Pathology for review. Due to special stains that are required to obtain a diagnosis, results of pathology takes, at a minimum, five business days, and may take anywhere up to two weeks. As soon as it is available, the surgeon reviews the pathology report and our nurse will telephone you with the results. If you have not heard the pathology results before your two week follow-up appointment, our office will review the pathology results with you at the visit.

As with any surgery, along with the benefits of surgery, certain risks must be discussed in order to obtain an informed consent.

KNOWN RISKS AND COMPLICATIONS

Anesthesia

Complications from anesthesia are known to exist. These complications are quite uncommon since patients are usually young and healthy.

Bleeding

Postoperative bleeding is rare. Prevention, by avoiding aspirin, ibuprofen, many muscle relaxants, arthritis medications and blood thinners for one week preoperatively is the best treatment. If you routinely take any of these medications please notify the surgeon at least one week prior to surgery. Hematoma, a collection of blood (usually clotted) is caused by a break in a blood vessel. Treatment is usually performed in the Surgery Center.

Infection

Infection is an uncommon risk for this procedure. On the day of surgery, you will receive preventative antibiotics during your procedure. At your preoperative visit your doctor will provide you with a prescription for antibiotics so you can start antibiotics at home the day after your procedure.

Numbness or Weakness

Every effort is made to protect all nerves in the immediate surgical area. Depending on the location of your incision, you may experience numbness or weakness. This may be due to swelling or stretching the nerve and can be temporary or permanent.

Swelling

Due to the increased blood flow of the head and neck to the brain and sensory organs, it is not uncommon to have swelling following surgery. This is usually temporary and will subside if activity restrictions are followed.

Procedure You will be asked to call the Surgery Center on the business day before the procedure to confirm your arrival time. Your arrival will be about one hour prior to the procedure. Upon arrival at the Surgery Center you will talk with a nurse (who will help you change into a gown, obtain blood pressure and pulse and start an IV), an anesthesiologist and the surgeon before the procedure. In general, surgery will take between one to two hours. During the preoperative visit, our office will tell you the estimated length of surgery time for your specific procedure. Recovery takes about one hour and you will be discharged about three to four hours after the time of admission.

PREOPERATIVE INSTRUCTIONS

Food and Drink Do not have anything to eat or drink after midnight prior to your surgery unless otherwise instructed by your anesthesiologist. This includes all food, liquids, water, candy, mints and gum. Your surgery will be cancelled if you do not follow these instructions. You may brush your teeth.

Medications Please inform the surgeon at this time if you take routine medications. You may be instructed by your anesthesiologist to take some of your daily medications with a sip of water. If you take medications that affect your bleeding time (Coumadin or Warfarin, arthritis medications, muscle relaxants, to name a few) please let the surgeon know at this time. Tylenol® is always OK to take.

What to Avoid Please do not take aspirin or aspirin-containing products, ibuprofen or ibuprofen-containing products or Vitamin E for one week prior to your surgery.

Do Not Bring Please leave all valuables (money, credit cards, jewelry, watches) at home.

Remove Prior to your arrival at the Surgery Center, please be certain that all make-up, nail polish or fake nails are removed.

Family During your surgery your family may wait in the Family Waiting Room. The surgeon will contact your family there immediately following the procedure.

POSTOPERATIVE INSTRUCTIONS

Antibiotics Take as directed (usually one in the morning and one in the evening until gone). It is not uncommon to have a low-grade fever for 48 hours following surgery.

Appointments Your bulky dressing will be removed the day following your surgery and the sutures are dissolvable. If you have a drain, you will need to come to the office for a wound check and drain removal. All patients need to come to the office two weeks postoperatively for removal of any remaining sutures.

Special Instructions The sedative medication and/or general anesthesia may make you drowsy for as long as 24 hours. Therefore, following surgery do not:

- Drive or operate machinery for 24 hours
- Drink alcoholic beverages for 24 hours
- Make major decisions, sign contracts, etc. for 24 hours

Please Call for

- Difficulty breathing or swallowing
- Persistent bleeding
- Fever above 101°
- Pain unrelieved by medications or instructions
- Inability to eat or drink
- Nausea or vomiting
- To make a two week postop appointment

Questions? If you have any questions, please do not hesitate to call on us at (585) 256-3550 and ask for our nurse. We are all here to assist you in any way we can.

Emergencies If you have an emergency after hours or on the weekend please call our professional answering service at (585) 258-4840.