

Head and Neck

Discharge Instructions: Excisional Cervical Lymph Node Biopsy

What To Expect

- You may have a sore throat after the procedure because of the breathing tube used during surgery. This will go away over the next few days.

Wound Care

- You may have a Jackson Pratt (JP) drain in your neck to drain excess fluid. It should be stripped and emptied for measurement 2 times a day. Please keep a record of the drainage amount.
- You may have Dermabond® (skin glue) over the incision. This will start to peel off after a 4-5 days. Do not peel this off yourself.
- It is normal to have a small amount of oozing from the incision site for the first 1-2 days. You may ooze reddish-colored fluid, especially if you take a blood thinner like aspirin, warfarin, or Xarelto™, but you should not have fresh bleeding like you'd see with a deep cut.
- You may shower 24 hours after the surgery. Try to keep water from saturating the drain or incision.

Pain Control

- We will provide you with a prescription for opioid pain medication such as hydrocodone with acetaminophen (Norco®), oxycodone with acetaminophen (Percocet®), or oxycodone (Oxycontin®). Take it every 4-6 hours if you need it, but you don't have to use them if you are not having pain. If opioid medications are too strong, you can take acetaminophen (Tylenol®). You may take ibuprofen (Advil®/Motrin®) after the first 1-2 days. Follow the instructions on the bottle.
- If you take an opioid medication that contains acetaminophen, **do not take additional acetaminophen. The maximum daily dose of acetaminophen is 4000 milligrams.** Check all medication labels. Acetaminophen may be an ingredient in over-the-counter and prescription medications.

Recovery

- The area where you had surgery will be sore for several days.
- You may be hoarse or have a sore throat for a few days.
- Do not lift anything that weighs more than 5 pounds and no strenuous activities for 3 weeks.
- Do not drive (or operate heavy machinery) if you are taking opioid pain medication.
- You can gradually return to your normal activities after 2 weeks, as tolerated.

Call Us If...

- you experience bleeding that does not stop after you put pressure on the area
- you develop severe, uncontrolled pain at the site of your surgery
- the area around the incision or biopsy site becomes inflamed or reddened
- you have a fever of 100.5°F (38°C) or higher

Call the Head and Neck Center at **716-845-8186**. The center is open Monday – Friday, 8am – 5 pm. After hours, your call will be answered by our Call Center. You can also call Roswell Park 24/7 at **716-845-2300**.