



OSBORNE  
HEAD & NECK  
Specialty Group

## POST-OPERATIVE INSTRUCTIONS

### POST OPERATIVE INSTRUCTIONS FOR RESECTION OF STYLOHYOID LIGAMENT (EAGLES SYNDROME)

These instructions should be carefully read and followed. They are designed to answer the most commonly asked questions regarding post-operative care. We hope this information will help you during the post-operative period. Remember to call on us if you have any questions, as our concern is to give you the best possible care.

#### AFTERCARE

The recovery from a resection of the stylohyoid ligament is remarkably rapid, predictable, and simple. Despite the fairly routine after care instructions, each person is unique and as such is their postoperative experience. In the following we offer a brief overview of the typical postoperative course.

#### WHEN YOU AWAKE FROM SURGERY

A formal head dressing will be present when you awake from your surgical procedure. In addition to the parotid dressing, there may exist a plastic drainage tube depending on the extent of your surgery.

#### POSTOPERATIVE DAY 1

At this time the surgical site will be inspected by Dr. Osborne and a new head dressing will be applied.

#### POSTOPERATIVE DAY 2

The drain will be removed on the second day after surgery. Most patients who travel can fly home the same day the drainage tube is removed.

#### POSTOPERATIVE DAYS 3-4

You will leave the head wrap in place.

#### POSTOPERATIVE DAYS 5 – 7

The head wrap can be removed. This dressing can be removed by anyone. If you have ever unwrapped a gift you are qualified to remove this dressing. The majority of our patients are back in the comfort of their own home when this dressing is removed.

After the head dressing is removed the surgical site will be open to the air. It is not necessary to cover the incision. Over the counter antibiotic ointment should be applied to the sutures twice a day. You may use Bacitracin, Neosporin, or Polysporin ointment. The wound should otherwise be kept “dry”.

## POST-OPERATIVE DAYS 7-10

Between day 7 and day 10 after surgery, the sutures should be removed. The sutures are put in using a simple running technique. These are removed by just cutting and pulling. Steri-strips may be applied afterwards if desired.

As with removing the dressing, removing the sutures does not require a medical degree, however most patients do have a local healthcare provider remove the sutures.

## **SHORT TERM WOUND CARE**

### ACTIVITY

**The First Week:** Limit your activity to walking outside over the first week following surgery. You may carefully wash your face with a mild soap (Neutrogena) and a clean washcloth, or cotton balls. **Avoid the incision site.**

Washing your hair is permitted **5 days** after surgery. Avoid wetting or irritating any of the sutures. Keep them from crusting with a light coating of prescribed ointment.

**Week 2-3:** You may slowly resume your activities after the first week. Let your body tell you how much to do. Light exercise may be resumed after 2-3 weeks. Build up to this level slowly. You may begin by walking or other similar light exercise. In any event, do not strain, grimace or do anything of sufficient exertion to cause your pulse rate to sharply increase.

Do not compare your progress with that of other patients. Remember that everyone heals in his/her own unique way. Also, if you have any questions or concerns, call us. Your family and friends mean well, but we can provide better information.

Additionally, avoid unnecessary bending at the waist and picking up heavy objects that weigh more than 30 lbs. When you rest or sleep, keep your head elevated on 2-3 pillows.

Smoking should be avoided, as it interferes with and slows subsequent healing. If you cannot completely stop smoking, cut back to a minimum. Alcohol consumption should also be limited.

### MEDICATIONS

Remember, pain and sleep medications may impair your reactions, so avoid driving or other hazardous activities for 24 hours after taking them. If the prescribed medications do not control your symptoms, please call us.

You will go home with oral antibiotics and pain medication. Most patients only use the pain medication for the first 24 hours and then only require Tylenol or Motrin.

### WOUND CARE

Incisions take approximately 6 weeks to heal. During the first 12 months after surgery scar creams and sunblock with SPF at least 45 should be used to improve cosmesis and to prevent hyper-pigmentation or prolonged redness.

**Dr. Osborne as well as the entire OHNI staff will remain available to you indefinitely. If you have any questions after office hours, please call 310 657-0123 and follow to page the physician on call.**