



CommunityENT

EAR • NOSE • THROAT • ALLERGY

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Neck Mass Excision Post Operative Instructions

What is causing my neck mass?

Neck masses can occur for several reasons. Most commonly it is an enlarged lymph node. This can be due to chronic infection, inflammation or from a tumor. These tumors can be benign or malignant (cancerous).

What happens during surgery?

This procedure involves general anesthesia. This typically is done as an outpatient surgery. The surgeon will make an incision in the skin overlying the mass. The tissue is separated to allow access to the mass. The mass is then removed. The surgeon will take care to avoid injury to any nerves positioned close to the mass. The mass will be sent to pathology for evaluation. Depending on the results, it may require additional surgery or treatment.

What are the possible complications?

There are always risks with general anesthesia. There is a risk of bleeding and wound infection. There is a risk that the wound will not heal well causing a cosmetic deformity. There is a risk of hematoma. This is when a large blood clot forms in the surgical cavity after surgery. If you experience any neck swelling you should call the office immediately. Neck lymph nodes are frequently near important cranial nerves. Paralysis of the face and neck muscles are rare but possible complications.

How should I prepare for surgery?

You should discontinue any aspirin or anti-inflammatory medications for 10 days prior to the surgery. This will significantly reduce your bleeding risk. If you are on any blood thinners, you will need to consult with the surgeon and the prescribing physician on how to discontinue those medications before surgery.

What happens after surgery?

You will go home the same day as surgery. You should avoid heavy lifting anything over 10lbs for 5-10 days. The excision will leave a scar that should fade with time. You can eat and drink normally.

When is my follow-up?

Typically the first follow up appointment is 7-14 days after surgery. Your surgeon will discuss your pathology results at that appointment.

When should I call the office?

Call the Office if:

- You develop a fever, have redness, swelling or increasing pain in the neck wound
- If there is any drainage coming from the wound

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