

MICHAEL F. MILAN, M.D., P.C.

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(248) 377-8141

Emergencies only: Pager: XXX-XXX-XXXX

PREOPERATIVE: DO NOT APPLY ANY MOISTURIZERS OR MAKEUP THE DAY OF YOUR SURGERY

POST OPERATIVE ANTERIOR NECK REPAIR INSTRUCTIONS

1. Please wear the facial sling both day and night until you see Dr. Milan after surgery. The sling should cover the incision and cover the front portion of the chin. (at least ½ -1 inch of band should be visible when looking in the mirror).
Continue to wear the facial sling until Dr. Milan instructs you otherwise.
This is very important to the out come of your surgery.
2. You may remove the sling to shower and wash your hair, taking care not to exceed thirty to forty minutes. The sling may be washed if it becomes dirty or soiled.
3. **After your surgery consume at least 8 large glasses of water a day. Also maintain a well balanced diet of at least 2000 calories per day. This will promote healing and faster recovery.**
4. You will have a steri strip (thin white tape) on the incision under the chin. Leave this in place until you see Dr. Milan after your surgery. In the unlikely event the steri strip comes off please call our office.
5. Your neck may feel tight for at least one month after surgery and this is normal. Continue to move your neck in a normal fashion.
6. You may use Tylenol or prescribed pain medicine as directed.
7. If there is any unusual swelling, severe pain or discomfort, fever above 100 degrees or excessive bleeding, please notify the office immediately.
8. If any problems arise, do not hesitate to contact our office. Feel free to call us if you have any questions regarding your surgery and post operative condition.. These special instructions are given in addition to your routine instructions.