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PREOPERATIVE INSTRUCTIONS - NECK EXCISION (Z-plasty)

- Stop taking aspirin and/or Ibuprofen 2 weeks prior to the procedure.
- Male patients need to shave the day of the procedure.
- Show up 30 minutes prior to appointment time. Someone will need to drive you home after the procedure.

POSTOPERATIVE INSTRUCTIONS

- Wear the compression wrap as much as possible during the first week. After the first 48 hours, you can remove it to shower, then replace it and the foam padding.
- There will be glue on the incisions so there will be no wound care needed. It is ok to get this wet, just don't soak it. Pat it dry. Do not peel off the glue, let it come off on its own. Men may find it difficult to shave for this period of time.
- Expect the scars to be somewhat raised. The scars will take several months to flatten and fade, so expect some redness for a few months.
- A scar cream will be given to you to be used once the glue is off. Dr. Kenkel will direct you in its use.
- We will give you prescriptions for pain medicine to take after the procedure as well as something to help you sleep, if needed.
- You may experience some bruising or swelling after the procedure.
- Avoid bending or turning your neck excessively during the first few weeks after your procedure.
- Avoid getting your heart rate above normal or lifting in excess of 5-10 lbs for the first two weeks after your procedure. Dr. Kenkel will direct you when it is okay to resume your activities.
- If you have any questions or concerns, call our office at 214-645-2353.