



Excision or Biopsy of Neck Mass

Surgical removal of a lymph node or a mass in the neck, which is usually done to remove tumors (benign or cancerous), treat recurrent painful inflammation, or just for diagnostic purposes. The procedure varies in complexity depending on the size and location of the mass or lymph node, and requires careful dissection to preserve the important neighboring structures. The procedure is done under general anesthesia and usually lasts between 30 and 45 minutes. Most go home the same day. A drain tube may be placed during the procedure and remains in place for several days before removing it in the office.

Preoperative instructions:

- **Fasting:**
 - Avoid eating or drinking after midnight the night before surgery.
- **Medications:**
 - You may need to stop taking blood thinners, weight loss medications, and some diabetes medications. Check with your doctor. See the attached medication sheet for general recommendations.
 - Take all other prescribed medications with a small sip of water as directed.
- **Health status:**
 - Notify your doctor if you have any symptoms of cold, flu, or respiratory infection.
 - Inform your doctor of any allergies, especially to sedatives or anesthetics.
- **Day of surgery:**
 - Arrive at the surgical facility as directed.
 - Wear comfortable clothing and remove jewelry, makeup, and contact lenses.
 - Arrange for a responsible adult to take you home after the procedure, as you will not be able to drive yourself.

Postoperative instructions:

- **Medications:**
 - Resume your usual medications after the procedure, unless otherwise instructed.
 - You may be prescribed antibiotics and painkillers after the procedure. Many patients only take acetaminophen (Tylenol) and ibuprofen (Motrin) alternating doses every 3 hours. Ex. *Tylenol 500 mg at 8 a.m., Motrin 600 mg at 11 a.m., Tylenol 500 mg at 2 p.m., Motrin 600 mg at 5 p.m., etc.*
- **Activity:**
 - Rest for the first 24 hours after surgery.
 - Gradually resume normal activities as tolerated.
 - Avoid strenuous activities and lifting heavy objects for at least 1-2 weeks.
- **Diet:**

Viewmont Surgery Center -- 50 13th Avenue NE Hickory, NC 28601 [\(828\) 624-1250](tel:8286241250)
www.viewmontsurgerycenter.com

Catawba Valley Medical Center -- 810 Fairgrove Church Rd, Hickory, NC [\(828\) 326-3000](tel:8283263000)
www.catawbavalleyhealth.org

Frye Regional Medical Center-- 420 N Center St, Hickory, NC 28601 [\(828\) 315-5000](tel:8283155000)
www.fryemedctr.com



- Resume a normal diet as soon as you feel able, but start with bland foods to avoid discomfort when chewing.
- **Wound care:**
 - Keep the surgical site clean and dry.
 - You can shower after 24-48 hours, but avoid soaking the incision.
 - Report to your doctor any signs of infection (redness, swelling, or discharge) at the surgical site.
 - If you have a drain placed, you may be asked to measure and record the output volume of the drain every 8 hours.
- **Follow-up:**
 - Follow up with your surgeon's office as scheduled for drain removal and wound check.
- **Emergency situations:**
 - If you experience severe symptoms such as difficulty breathing, uncontrolled pain, significant swelling, or bleeding from the incision, call our office or seek medical attention immediately.

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