

Adam's Apple Reduction (Tracheal Shave) Aftercare Instructions

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Thank you for choosing Adam's Apple Reduction (Tracheal Shave), a surgical procedure designed to reduce the prominence of the thyroid cartilage for a smoother neck profile. Proper aftercare is essential to ensure optimal healing, support recovery, and minimise complications.

IMMEDIATELY AFTER SURGERY

Immediately After Surgery - Normal Reactions: Mild swelling, redness, or tenderness in the treated area is normal. Temporary bruising around the neck may occur. Mild discomfort or difficulty swallowing is expected for the first 24–48 hours.

Care of the Surgical Site: Keep the incision clean and dry. Do not touch, rub, or apply pressure to the treated area. Follow your provider's instructions for any dressings or bandages.

Activity: Rest and avoid strenuous activity for the first 24–48 hours. Avoid bending or heavy lifting that strains the neck.

FIRST WEEK

First Week - Observation: Swelling and mild bruising may persist for several days. Some stiffness or tightness in the neck is normal.

Lifestyle & Care: Sleep with your head elevated to reduce swelling. Avoid strenuous exercise, heavy lifting, or sudden neck movements. Maintain hydration and a balanced diet to support healing. Follow prescribed pain relief and antibiotics if given.

WEEKS 2–4

Weeks 2–4 - Healing & Care: Swelling and bruising should gradually subside. Gently clean the incision as instructed; avoid soaking the area until cleared by your provider. Scar care may be recommended after sutures dissolve or are removed.

Activity: Gradually resume normal activities, avoiding strenuous exertion until cleared. Avoid contact sports or activities that risk trauma to the neck.

LONG-TERM CARE

Long-Term Care - Results: Final results may take several weeks to months as swelling fully resolves. Follow-up appointments will be scheduled to monitor healing and assess results.

Scar & Skin Care: Protect the incision from sun exposure using SPF 30 or higher. Follow your provider's advice for scar management, including silicone gels or sheets if recommended.

WHEN TO CONTACT US

When to Contact Us - Contact your provider immediately if you experience: Severe or worsening pain, swelling, or redness. Signs of infection such as pus, warmth, or fever. Difficulty breathing, swallowing, or speaking beyond the expected mild temporary discomfort. Any unusual or concerning symptoms in the treated area.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

PATIENT CONFIRMATION

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout