

## Contact Us

### Urgent Questions or Concerns

Telehealth Nursing  
651-229-3890

### Other Questions About Your Care

St. Paul Clinic patients:  
Nurse Call Line  
651-578-5000

Patients at Other Locations:  
Contact a member of your  
Gillette health care team.

### Appointments

651-290-8707

## Books, DVDs and More

Find materials about  
disabilities, medical conditions  
and support for caregivers.

### Health Resources and Education

St. Paul campus, near  
fourth-floor skyway

651-229-3938

hre@gillettechildrens.com

# Discharge Instructions Following Sternocleidomastoid Release

patient education  
DIS036

## The sternocleidomastoid muscle

The sternocleidomastoid muscle runs from the base of the neck, at the level of the collarbone, to the base of the skull behind the ear.

## Diet/nausea

Follow guidelines as outlined in general anesthesia handout.

## Site care

Stitches are absorbable and will not need to be removed. There will be no bandage over the incision site. The incision will be supported by a single Steri-Strip, which will remain in place until the follow-up visit in clinic. You do not have to remove the Steri-Strip, but if it comes off, you do not need to replace it.

There is no need to use topical antibiotics on the incision site. You may bathe the day after surgery. Pat the incision area gently to dry.

## Pain/comfort

Regular acetaminophen (Tylenol) is generally adequate or any discomfort. However, you will be sent home with a prescription-strength pain reliever.

## Activity

For the first few days, we recommend limiting strenuous activities, such as running or jumping, which might produce strain in the neck muscle area. Most patients can tolerate normal, quiet activity right after discharge. Resume home stretching and strengthening exercises 5 days following surgery. In addition, resume formal Physical Therapy within 1-2 weeks of surgery. There are no therapy restrictions with regard to stretching, strengthening and range-of-motion exercises.

## Urinary

Following any surgery, you should be able to urinate (pee) within 6-8 hours. If you're unable to do so, contact the hospital as instructed below.

## Questions or Problems

Contact Telehealth Nursing at 651-229-3890 if you see any of the following:

- Fever over 101.5 F
- Excessive bleeding
- Increased swelling
- Severe pain