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Endoscopic Sinus Surgery
Cutaneous Oncology Surgery
Head and Neck Surgery

Digital Hearing Aid Sales & Service
Audiologic Testing
Otologic Surgery

Post-operative wound care instructions

For patients without Steristrips:

1. It is very important for the first 24 hours after your procedure, you engage in NO activity that may increase your risk of bleeding (bending over, picking up heavy objects, exercising, etc.). Call the office if you experience a sudden increase in swelling (540-434-2255)
2. Clean your incision with half strength hydrogen peroxide (mix hydrogen peroxide with water in equal parts) twice daily with a Q-tip. After cleaning, apply double antibiotic ointment to keep wound moist. Reapply ointment as needed through out the day to keep it moist.
3. You may cover the wound with a band-aid if it is feasible. It may be left open as well, but keep the wound away from a dirty environment.
4. Do not wear anything that may put pressure on your wound.
5. Keep the wound dry for 48 hours (except for wound care). After 48 hours, you may shower normally, taking care not to injure your wound while bathing.
6. Please take all prescribed medications as directed.
7. You may use 1-2 tablets of Extra Strength Tylenol every 6 hours or Ibuprofen 600-800 mg every 6 hours as needed for pain, unless otherwise directed.
8. Please keep your follow up appointment as previously scheduled. If you are unsure of your appointment time, ask the nursing staff or call the office during business hours.
9. Please call the office if:
 - a. Pain persists longer than a few days and is intensifying.
 - b. There is unusual or increased redness and swelling around the incision.
 - c. Yellow or green drainage is noted from the incision site
 - d. Fever develops greater than 101.5

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