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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 with 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. Please do not change the dressing.
3. Do not wear anything that may put pressure on your wound.
4. If you have a Tegederm dressing applied to your wound, you may shower at any time after surgery. If you have only steristrips, please keep the wound dry for 48 hours.
5. Do not apply creams or lotions to the wound.
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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