

# General Skin Incision

## POST-OP INSTRUCTIONS

EAR, NOSE & THROAT  
CONSULTANTS



**PAIN:** You can expect some incision pain and stiffness following surgery. You may be prescribed narcotic pain medication. Take as directed for moderate to severe pain. Once pain starts to subside, spread out how often you are taking pain medication and eventually transition to over-the-counter Tylenol and/or ibuprofen. Common side effects of prescription pain medication are nausea and constipation. It is important to take it with food. If you experience constipation, you can try Miralax daily for 3 days.



**DIET:** You may resume a regular diet following surgery. You may have a scratchy throat or voice hoarseness from the endotracheal tube for the first day or two and may prefer soft foods initially.



**SHOWERING:** You may shower 48 hours after surgery. It's okay to get water on your incision. If you have steri-strips, it's okay to get those wet. Do not rub or scrub the incision. After showering, pat the area dry.



**ACTIVITY:** No bending over, heavy lifting or strenuous activity for at least one week. We encourage you to be up and about after surgery to prevent blood clots in your legs and lungs. You may gently turn your head side to side and up and down as tolerates without disrupting your sutures or skin glue.



**SURGICAL SITE:** Watch for increased redness, warmth, or swelling at the incision site. Some swelling is normal after surgery. It's okay to apply an antibiotic ointment to the incision site twice daily if you have sutures. If you have skin glue or steri-strips, do not use antibiotic ointment until the glue or steri-strips have come off. For men, do not shave near the incision for 2 weeks.



**RETURNING TO WORK OR SCHOOL:** Typically when prescription pain medication is no longer needed, you may return to work or school. If a doctor's note is required, please call our office to have one faxed.



**FOLLOW UP:** If you have a drain, you will follow up in our office 1-2 days post op to have your drain removed by our nurses. You will follow up with your surgeon in 7-10 days.



**PATHOLOGY:** If tissue was removed, it will be tested and reviewed by a pathologist. We may call you with the results or discuss your final results at your follow up appointment.

### WE ARE HERE FOR YOU

Please don't hesitate to contact our office at **605-217-4320**, if you have any questions or concerns. We are happy to assist you.

If you are unsure of an emergency and it is outside of business hours, please call the operator at Unity Point at **712-279-3500** and ask for the ENT on-call.