

# Postoperative Skin Incision Instructions

*Dr. Healy - Dr. Keele - Dr. Tubbs - Dr. Ramsey*

## Contact Information:

- **Glacier Ear Nose and Throat - (406) 752-8330**
  - 9am to 5pm, Monday-Friday
  - After 5 pm and weekends, an "on call" provider is available.
- **The HealthCenter - (406) 751-7550**

## When should I call my doctor?

- If I am worried, my doctor is worried! I will call my doctor's office.
- If I have signs of an infection, like a fever above 101.5 degrees, I will call my doctor.
- If I am short of breath, have pain, swelling or cramping in my legs or have chest pain with no activity, I will call my doctor's office.

## What should I expect after surgery?

- I will have stitches that will dissolve on their own.

## **When will I see my doctor?**

- I need to have a follow-up appointment with my doctor in 1 week after surgery.

## **What about my pain?**

- I will have some discomfort.
- I may use over the counter Ibuprofen or Tylenol.
- I may be given a prescription for narcotic pain medication if Ibuprofen and Tylenol is not enough.
  - I will not take extra Tylenol if I am taking Norco, Lortab or Percocet because they have Tylenol in it.
  - I will not drive if I am taking narcotic pain medication.
  - Narcotic pain medication may cause constipation. I will drink extra fluids and I may need a stool softener.
- I will follow pain medication instructions given by my nurse or pharmacist.

## **How do I care for my surgical site?**

- I may shower 2 days after surgery.
- I will wash my incision gently.
- I may not soak it in a bath or go in a pool.
- I will apply antibiotic ointment (i.e. Bacitracin) to the site 2 times a day for 1 week.

## **What activity can I do?**

- I will avoid heavy lifting, bending, straining or stooping for 2 weeks after surgery.
- If I do these activities I understand I increase my risk of bleeding.

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