

**EAR, NOSE & THROAT SPECIALISTS
OF SOUTHERN NEW HAMPSHIRE, PA**
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Common, Normal Post-Operative Complaints:

1. Discomfort at the incision site
2. Low-grade fever
3. Numbness or lack of normal sensation along the incision line—usually temporary in nature but may take up to 6 weeks to return to normal

Post-Operative Instructions:

1. Rest quietly for the first 24 hours. Gradually increase activities as you feel comfortable
2. Keep the incision dry for 72 hours. Once the drain has been removed, the insertion site will form a scab and will close up. You may now shower! Pat your incision dry. Apply antibiotic ointment (i.e. Bacitracin) 2 times per day. Leave the incision exposed to the air.
3. Choose clothing that is loose fitting at the neck to prevent irritation of the incision
4. Continue to use your neck muscles in a full range of motion to avoid neck spasms
5. Avoid strenuous activities for 1 week
6. A clear liquid diet is advised for several hours after the surgery. Resume a normal diet when you are ready.
7. Take all prescribed medication—use Tylenol or Motrin to relieve pain or discomfort

Call the office at 622-3623 if any of the following occurs:

1. Inability to control pain
2. Surgical site develops increased redness, swelling or drainage
3. Fever greater than 101°
4. Prolonged nausea or vomiting
5. Alteration of normal sensation or function of lower lip on the operative side