



SURGERY PRE-OPERATION AND POST-OPERATION INSTRUCTIONS

PRE-OPERATION CARE

- Stop taking any NSAIDs such as Advil, Motrin, Ibuprofen, Celebrex, Aleve, Naproxen 2 weeks prior to surgery.
- Avoid alcohol for 2 weeks prior to surgery.

POST-OPERATION CARE

- Apply antibiotic ointment to your incisions 2-3 times daily.
- Leave any tape or dressings in place until directed otherwise.
- It is normal to have some bruising and swelling after surgery. If it is severe or worsening, please call the office.

ACTIVITIES

- No heavy lifting or strenuous exercise for 2 weeks after surgery.
- Do not lift more than 20 pounds for two weeks after surgery.

DIET

- You may eat and drink anything you like immediately after surgery. Refrain from alcohol for 7 days.

MEDICATION

- A prescription for a strong narcotic pain medication may be provided to you. Take this as needed. It can cause a little nausea, so it is best to take this with food.
- Once the pain has improved, it is OK to exchange the narcotic pain medicine for plain Tylenol as directed on the bottle but there is Tylenol in the narcotic so do not take them together. Do not exceed more than 4000 mg of Tylenol per day as this can damage the liver.
- Nausea medication will be prescribed. Take this as needed.
- If any refills are needed, please call the office before you run out, preferably on a weekday, so we can have time to prescribe a refill before you run out.

DRIVING

- You may drive if you are not taking the narcotic pain medication.

BATHING

- You may shower normally immediately after surgery.
- Clean the incision gently with soap and water at least daily.
- Do not soak the incision.

RETURN TO WORK OR SCHOOL

- Most patients take about 1 week off work or school.
- If you do not perform strenuous activity at work, you can return to work in a few days if your pain is controlled.

NOTIFY OUR OFFICE IMMEDIATELY

- If you have severe pain that is not controlled by the pain medication that was prescribed.
- If you have severe or worsening swelling and bruising.
- If you have severe bleeding.
- If you have any vision changes or double vision after surgery.

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A Division of ENT and Allergy Associate of Florida

This is a doctor's office regulated pursuant to the rules of the Board of Medicine as set forth in Rule Chapter 64BB, F.A.C