



**UPPER VALLEY ENT & ALLERGY – VERBAL INSTRUCTIONS**

**FLUIDS:** It is very important to remember to stay hydrated after any surgery.

**ACTIVITY RESTRICTIONS AND RETURNING TO SCHOOL/WORK:** If you need time off work, an excuse will be provided upon request. You should limit straining, lifting, and bending over for the first week as this will increase the risk of bleeding. If you are doing well enough to take Ibuprofen or acetaminophen you may go back to school/work.

**MEDICATIONS:** The typical medications given after surgery are -

- **Pain medicine** – Typically you will be prescribed Lortab (hydrocodone/acetaminophen) or Percocet tablets (oxycodone/acetaminophen). You should not drive or go to work while using Lortab or Percocet. If the pain is mild, you may use over the counter medications such as ibuprofen (Advil) or acetaminophen (Tylenol) and you may return to work.
- **Antibiotic:** You may be given a prescription for an antibiotic to prevent an infection while you are healing, but this is not always necessary.
- **Ointment:** Please apply ointment to the incision 2-3 times per day after your dressing has been removed by your doctor.

**FOLLOW-UP:** Each patient who undergoes surgery should be seen in our office two days after the surgery. You will then be scheduled for further appointments as needed.

**NUMBNESS:** It is likely that an area around the wound will be numb or have a change in sensation. This is normal and unavoidable. It will improve over weeks to months, but in some cases it never feels exactly the same.

**THINGS TO WATCH FOR:** If you have temperature above 101 degrees, excessive bleeding, increased pain, increased redness or swelling, or loosening of the post, please call the office.

**QUESTIONS OR PROBLEMS:** Should you have any concerns, questions, or problems during your post-operative recovery period, please do not hesitate to contact the office at **208-656-9646 during business hours**, or **208-419-3254 after hours**. If unable to reach our nurse on call, please go to Madison Memorial Hospital ER and they will page your doctor.

**OTHER INSTRUCTIONS:** -

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**SINCERELY – DR.'S MCMASTER AND PETERSON**