



Randall Cohen MD
Catalina Ear Nose and Throat PC

Incision Care

Postoperative discomfort

All patients experience some degree of discomfort and your surgeon will give you a prescription for pain medication or suggest something that should be very effective. Each day your discomfort should decrease. If the pain increases please notify the clinic.

Swelling/discoloration

There may be swelling around the incision or surgical site. There may also be discoloration of the skin (a bruise like color) that usually occurs around the surgical site and reaches its maximum size around the third post-operative day. Sleeping with your head slightly elevated (about 30 degrees) will help reduce the swelling.

Postoperative fever

An increase in swelling combined with redness at the surgical site and/or fever could mean an infection. Should this occur, please notify the clinic as soon as possible.

Exercise

Strenuous exercise, heavy lifting, bending over, contact sports, and prolonged standing should be avoided until approved by your surgeon.

Care of your incision

Keep the incision dry for 48 hours. Apply an antibiotic ointment, such as Bacitracin, twice a day. Many facial and neck incisions are left exposed. If yours is exposed you may begin to carefully clean it 48 hours after surgery. Use soap and water gently in the shower, or a Q-tip with hydrogen peroxide. Do not pull upon the edges of the incision. Gently pat the incision dry with a clean cloth and apply the antibiotic ointment. The physician will specify a time to have the sutures removed.

Occasionally there will be surgical adhesive tape applied over the incision after suture removal (steri-strips). Trim the edges of the tape with scissors if they peel up. They will eventually fall off. Do not pull them off. Avoid getting the strips wet.

Occasionally a yellow gel like dressing will be placed over the incision (Duoderm). Leave this in place until the postoperative visit. No cleaning or ointment is required with this dressing. Light water exposure (no soaking) is allowed.

Occasionally surgical glue is used over the incision (Dermabond). If this is used a plastic rough coating may be on the surface of the incision. Leave this in place until the postoperative visit. No cleaning or ointment is required with this dressing. Light water exposure (no soaking) is allowed

Numbness

It is normal to experience some numbness around the incision site. This will slowly improve over the weeks or months following surgery. Patients often experience some itching around the incision site. This is a normal part of the healing process and will subside over several weeks to months.

Sun precautions

Avoid direct sunlight on the incision site for 6 months. Sun exposure can cause the scar to become hyperpigmented and remain permanently darker than the surrounding area. Wear sunscreen (SPF 15 or better) over the affected area.

Follow-up

It will be necessary for you to be seen post-operatively as directed by the doctor. These appointments should be made at the time of your pre-operative visit or by calling the clinic.

CATALINA EAR NOSE & THROAT PC
5910 N La Cholla Blvd.
Tucson, AZ 85741
(520) 498 - 1800