

**Pinehurst Surgical
5 FirstVillage Dr.
Pinehurst, NC 28374**

POST OP INSTRUCTIONS

Title: POST OP INSTRUCTIONS FOR: Major Head and Neck Surgery Performed

Affected Department: ENT

DEFINITION: To provide written post – operative instruction to patients

POST OP INSTRUCTIONS:

1. Keep head of your bed elevated with an extra pillow or rest in a recliner.
2. No stooping, bending, or heavy lifting until instructed by your physician.
3. Avoid strenuous activities such as exercising until instructed by your doctor.
4. You will need to be out of school or work for a week to ten days or until released by your physician.
5. Remember to take prescribed antibiotic and pain medication with food.
6. If strips are used, be sure and keep them dry.
7. If sutures or staples are used, be sure and clean them with peroxide and apply and antibiotic ointment three or four time a day.
- 8. Do not take aspirin or products containing aspirin.**
9. If you have bleeding , swelling, or a temperature greater than 101 °, call the physician.
10. For thyroid patients:
If you have numbness or tingling in your fingers or around the lips, call the physician.

Dr. Carl Berk: 910-295-0219

Dr. Wyman McGuirt: 910-295-0242

Dr. Jefferson Kilpatrick: 910-295-0216

Dr. Waldemar Riefkohl: 910-295-0240

Dr. Matthew Grafenberg: 910-235-2706

Dr. Justin Miller: 910-235-4677

Office hours are Monday through Friday, 9a.m. until 4 p.m. If you have questions after 5 p.m. or on the weekend, call First Health Moore Regional Hospital at 910-715-1000 and ask for the ENT physician on call.