

# Head & Neck Post-Procedure Instructions



UHN

## Otolaryngology, Head & Neck, Plastic Surgery Clinic

Here are a few helpful things for you to know. We hope that this information will help with your recovery.

**Please follow only the instructions  
that have been checked off by your nurse**

### What can I expect after my procedure?

- Expect some bruising and swelling around the eye area.
- You have been given a local anesthetic. The inside of your mouth and throat will be numb. This should go away in about 2 hours.
- You may have slight bleeding or discharge in the affected ear for a few days.
- You will continue to use a nose and forehead dressing.
- You will have to wear nasal splint for 1 week. Keep it as dry as you can.

### What should I do with my dressing(s)?

- No dressing is needed. Leave your incision open to air.
- Keep your dressing(s) dry for 1 week.
- Do not remove your dressing, however, you may reinforce it (you can put on more tape or gauze on top, if needed).

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- Naso-forehead flap: Wash your hands well with soap and water. Put a piece of Jelonet® dressing on your forehead incision, then a piece of dry gauze on top.
- The Jelonet® dressing in your nose is to protect and keep the flap moist. You don't have to change this—a nurse will do it for you.

### **Specific Instructions about my Procedure**

- Wash your hands well with soap and water. Apply eye drops to your affected eye, as prescribed by your doctor, every 4 hours or more frequently as ordered.
- If you have had a Myringotomy:
  - Keep your affected ear dry. No swimming.
  - You may take a shower, but you must protect the inside of your ear. Insert a cotton ball coated with Vaseline® just at the entrance of your ear canal to stop water from entering.
  - Use your ear drops regularly, if ordered by your doctor.
  - Call us right away if you develop a fever, increased pain, or dizziness.
- Nasal Fracture:
  1. Avoid contact sport and activities.
  2. To reduce pain and swelling, you may apply ice or a cold cloth over your forehead. Leave on for 10 minutes, then take off for 20 minutes. You may repeat these two steps until you go to bed.

### **What can I eat and drink?**

- Do not** eat or drink anything **hot** for 1 to 2 hours to avoid accidental burning.
- Rinse your mouth often, especially after meals. You can use water or a mild mouthwash.
- You can eat and drink as you usually do.

### **What medications should I take?**

- If you have discomfort or pain, you can take “Tylenol® plain” or “Tylenol® extra strength.” Do not take any ASA (such as “Advil®”).
- If your doctor has asked you to take antibiotics after your procedure, please take these as ordered and start as soon as possible.

## Care of my Incision and Sutures

- Keep your incision dry for 24 to 48 hours (1 to 2 days).
- Wash your hands well with soap and water. Apply Polysporin® ointment 3 times daily for a maximum of 5 days.
- If your incision starts to bleed, apply direct and continuous pressure over the incision with gauze for 15 minutes to stop the bleeding. If it does not stop, please go to your nearest hospital emergency room right away.

## Other Activities

- You may shower and wash your incision using mild soap and water.
- Reduce your activities to minimize discomfort and bleeding from your graft sites. Do not take long walks.
- If you have had a leg skin graft, rest in bed for 1 week and keep your affected leg raised up on pillows. You may get up to use the bathroom when you need to.

## My Follow-up Appointment

Please call for your follow-up appointment in \_\_\_\_\_ weeks

Dr. Patrick Gullane	416-946-2143
Dr. Ralph Gilbert	416-946-2822
Dr. Jonathan Irish	416-946-2149
Dr. Dale Brown	416-946-2147
Dr. David Goldstein	416-946-2301
Dr. John Rutka	416-340-4630

## Who can I call if I have questions or concerns?

Please call us if you have any concerns about bleeding, swelling, pain, fever or, go to your nearest hospital emergency room.

**Clinic Nurse:** Meriam Dela Cruz, RN

Telephone: 416-340-4800 ext. 8767 or 416-340-3668