



**SCENT**  
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DRS. BERGHASH & LANZA, P.L. D/B/A  
**South Coast Ear, Nose & Throat**

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**POSTOPERATIVE INSTRUCTIONS FOR OFFICE SURGERY/WOUND CARE**

1. If a dressing or bandage has been applied, remove it the next day, unless otherwise instructed.
2. Then, two (2) to three (3) times a day, thoroughly cleanse the wound by sponging, with ½ strength Hydrogen Peroxide on a Q-tip or clean cotton swab. This is done to remove crusts.
3. After each cleansing apply a coating of the antibiotic ointment (Polysporin). Keep a good coating of this on the area at all times.
4. Adequate cleansing as described above will keep a thick scab from forming. A thick scab is an obstruction to good wound healing and may lead to a more prominent scar.
5. Typically, showering or bathing can resume two (2) to three (3) days after surgery.
6. Wounds on the face, nose, ears or scalp may be left uncovered after the first day. They may be covered if the area gets irritated.
7. If severe inflammation (redness, warmth, tenderness) or red streaks occur, call the office immediately.
8. In general, you should not apply cosmetics, lubricants, etc., to these areas until they are completely healed.
9. Pain medication may be discussed with you and /or a prescription given for pain. Extra Strength Tylenol is typically sufficient to control any pain you may have.
10. An appointment will be made for follow-up for suture removal or recheck. If you have any questions, please contact the office.