

**S.C.E.N.T.**

Southern California Ear, Nose and Throat  
433 E. Wardlow Rd.  
Long Beach, CA 90807  
Phone: 562.427.0550 Fax: 562.988.8899

**Post-Operative Instructions for  
Head and Neck Surgery**

1. You will be given medication for pain and nausea
2. In general, activity should be limited for approximately one week after surgery.
3. Your surgeon will give specific instructions if a bandage is used.
4. Sutures are usually removed in the office one week after surgery. Once the bandage is removed, the suture line may be gently washed with soap and water. Shampooing hair is recommended unless you are told otherwise by the physician.
5. Call the office **during normal office hours for routine** questions and medication refills. 562.427.0550
6. Call at any time for problems such as persistent nausea, excessive pain or high fever (over 101° for more than 12 hours that does not respond to Tylenol, increased fluid intake, or cool baths), or there is marked swelling at the surgical site.
7. Call the office **during normal office hours for routine** questions and medication refills.