



TPMG Ear, Nose and Throat Specialists

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LYMPH NODE BIOPSY - Discharge Instructions

1. Today eat light foods (Jell-o, soup, toast). You may resume a normal diet tomorrow. No alcohol beverages for 24 hours.
2. Rest quietly and limit activities for the next 24 hours. No heavy lifting (greater than 5-10 pounds) or strenuous activity.
3. No driving or operating hazardous machinery for at least 24 hours, or as long as you are taking narcotics.
4. If you have a dressing over the incision, you may remove the dressing tomorrow. If you have Steri-strips (they look like strips of white tape), leave them on until they fall off (usually 7-10 days.)
5. You may shower tomorrow. Be sure to dry the incision when you get out of the shower.
6. Take your pain medication, as directed. If you do not need anything that strong, you may use Tylenol per label instructions, as needed for pain. Avoid aspirin or aspirin products.

Special instructions: _____

Notify doctor if:

- Pain is not relieved by pain medication
- Temperature above 101°F consistently
- Continuous nausea and vomiting
- Signs of infection, such as redness and/or swelling