



TPMG Ear, Nose and Throat Specialists

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SKIN LESION - Discharge Instructions

1. Today, eat light foods (Jell-o, soup, toast). 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 for 48 hours.
3. No driving/operating hazardous machinery for at least 24 hours, or as long as you are taking narcotics.
4. Remove dressing tomorrow morning and redress twice a day for 2 days. After 2 days, leave open to air.
5. Once the bandage is removed, you may shower, but NO tub baths. 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