



ALFORD ENT AND  
FACIAL PLASTIC SURGERY  
6560 Fannin Street, Suite 704  
Houston, TX 77030

## **General Post-Operative Instructions**

Please arrange to have someone drive you to and from your surgery.

You should have someone stay with you for at least the first 24 hours post operatively and it is recommended that you take the prescribed pain medication as scheduled for the first 24 hours.

The 2<sup>nd</sup> or 3<sup>rd</sup> day you will experience less pain and may reduce the amount of pain medication you take accordingly.

By the 5<sup>th</sup> day Extra Strength Tylenol is adequate for pain relief. Again, do not take Aspirin or any other anti-inflammatory medications for at least 2 weeks after surgery.

You will be prescribed an anti-nausea medication that you should take if needed.

It is very important that you complete the full course of antibiotics prescribed by Dr. Alford. It is recommended that you take the antibiotic with food to avoid stomach upset.

You should not drive until you are no longer taking narcotic pain medication.

Please refer to the restrictions specific for *your* surgery in the surgery specific handout.

As always, please do not hesitate to call with any additional questions 713-532-3223.