

*These items are necessary for your post op care. You will want them on hand immediately in your post-operative healing period.

If you are prone to Constipation:

- 1.) Buy over the counter Miralax. It can be very helpful if pain meds lead to constipation.

For General Care of your Stitches:

- 2.) Bacitracin Antibiotic Ointment. (Dr. Mobley prefers Bacitracin, but Neosporin is acceptable if the pharmacy does not have Bacitracin)
- 3.) Hydrogen peroxide Use 2-4 times daily for cleaning your stitches

For Patients undergoing Nasal Surgery:

- 1.) Afrin (generic= oxymetazoline): Use 2-3 puffs in each nostril 2-3 times per day as needed. Do not exceed 5-7 days of usage without Dr. Mobley's approval.
- 2.) Saline Nasal Spray (not saline rinse). Use liberally with multiple puffs into each nostril to wash away "debris" from inside the nasal passages. Use for approximately one week. There is a certain product- "Boogie Mist" which many patients find quite helpful.

Please use the office number (801)-449-9990 for most post-operative questions. In case of Emergency or Urgency, Dr. Mobley's cell is 801-230-2725. Alternatively there is a Mobley MD practice after hours cell: 801-989-7407

Many post op educational videos and forms can be found on: MobleyMD.com/Care & MobleyMD.com/portal