

Post Operative Care Instructions for Nasal Surgery

1. ABSOLUTELY NO ASPIRIN OR ASPIRIN COMPOUNDS. EXAMPLES: MOTRIN, ADVIL NUPRIN: IBUPROFEN, TWO WEEKS BEFORE OR TWO WEEKS AFTER SURGERY. Aspirin and/or aspirin products may promote bleeding.
2. NO BENDING OR LIFTING, EXERCISING OR STRENUOUS ACTIVITIES FOR THREE WEEKS AFTER SURGERY. This includes flying and/or traveling to high elevations, and/or to dry climates. These activities may cause nasal irritation and bleeding.
3. Diet: Drink plenty of fluids, nothing too hot in temperature, or any foods which require much chewing.
4. If you find you need to sneeze, open your mouth and rub your upper lip. If you can't prevent sneezing, sneeze with your mouth open, and follow this method for three weeks after surgery.
5. Sleep with two or three pillows behind your back for two weeks.
6. Pain control: Tylenol may be used. If it is not effective, use the Tylenol with codeine, which the Doctor has prescribed. Again, do not use aspirin or Motrin-like medications, as they may cause bleeding. Expect your ears to feel plugged, and your eyes may tear. This is due to the nasal packaging. A sore throat and bad breath are normal and partly due to mouth breathing. The discomfort associated with mouth breathing may be relieved by using a cold mist humidifier.
7. Bleeding: Some slight bleeding from the nose and down the throat is to be expected during the first 24-36 hours after surgery. If the bleeding seems excessive apply direct pressure for 5 to 10 minutes to the nostril that is bleeding. If bleeding continues please call the office DO NOT REMOVE NASAL PACKAGING OR GET IT WET.
Do not shower until you are released to do so after your post-operative appointment.



8. Fever: Fever is usually due to dehydration. Drink plenty of fluids. Fever is occasionally due to infection so be sure to take the antibiotic the Doctor prescribed for you. If the fever persists, call the office.

9. The morning after surgery, please begin using over-the-counter antibiotic ointment. Apply it just inside each nostril, around the packaging. Do not put the ointment in the plastic tube. Use the ointment twice a day, once in the morning and again at night.

Post Operative Appointment Instructions for Nasal Surgery

1. WEAR LOOSE COMFORTABLE CLOTHING, NOTHING TOO WARM TO YOUR POST OPERATIVE APPOINTMENT

2. After the nasal packaging is removed you will be using Nasal Saline Spray, two squirts in each nostril followed by the antibiotic Ointment, once in the morning and again at night. You will be using these over the counter medications for at least two months after surgery.

3. If you have any questions please call our office. (408) 227-6300

