

POST-OPERATIVE CARE AFTER NASAL SURGERY

1. If you have a nasal splint, nasal packing and/or tapes, **DO NOT REMOVE** these unless you are instructed to do so.
2. If you are given a prescription for pain medication, take the medication only as directed on the bottle.
3. Sleep. You may be more comfortable resting on 2-3 pillows. This will help keep the swelling and discomfort to a minimum.
4. **AFTER YOUR OPERATION:**
 - a. Diet. Easily digested foods such as ginger ale, Jello-O, and canned soups are usually tolerated during the first 24-48 hours postoperatively. If you have nausea, you may resume your usual diet.
 - b. Avoid bending your head forward as much as possible. Have someone help you wash your hair, keeping your head tilted backwards. If you are taking any pain medications, have someone help you with showers, baths, etc. You may bathe 24 hours after your operation.
 - c. Do not blow your nose! If you have drainage, blot it away GENTLY with gauze and sit in a semi-reclining position. You can expect to have some drainage for a few days. Be careful not to hit your nose when blotting. Do not push or pinch your nose in an effort to decrease drainage. If you have to sneeze, do so with your mouth open.
 - d. Do not insert Kleenex or Q-tips into your nose to clean it out. It is best to allow the office to do this for you the first time. On your first postop visit, you will be instructed on what to do at home.
 - e. Avoid heavy lifting and strenuous activity. Check with your surgeon on restrictions on your activity and time you should take off of work.
 - f. You can expect to have some swelling and bruising around your eyes and nose. Usually the amount of swelling, etc. depends upon how involved your procedure was.
 - g. Make-up may be worn a few days postoperatively as long as it does not interfere with the nasal splints, packing or tapes.
 - h. Avoid getting the nasal dressing wet. Clean your face gently with a face cloth. You may shower to wash your hair using caution to protect the nasal dressing.
 - i. Check with your surgeon before wearing eyeglasses or sunglasses.
5. Avoid aspirin and aspirin/ibuprofen products for two weeks after your surgery.
6. Ice packs should be kept gently around your nose the first 24 hours.