

## **POST-OPERATIVE INSTRUCTIONS – NASAL SURGERY**

### **DAY OF SURGERY**

1. Arrange for someone to stay with you for the first 24 hours.
2. You may have trouble sleeping the first night. This is normal.
3. Rest with your head elevated on 2-3 pillows. You may be up and around to go to the bathroom or to eat a light meal. You may want to keep some lip balm around.
4. Bleeding from nose is expected the first 24 hours; it should decrease thereafter. Change gauze drop pads as needed when they become saturated.
5. Your nose will be very congested. Your mouth and throat will be very dry.
6. Drink lots of water and juice.
7. Avoid vigorous chewing or nose blowing as this may cause bleeding.
8. Take only the medications you were prescribed.

### **THE FIRST NIGHT/DAY AFTER**

1. Rest, rest, rest!
2. You may have to change gauze pad and tape several times. When bleeding has stopped you no longer need to keep a pad under your nose.

### **STARTING POST-OP DAY 2**

1. Apply Bacitracin to the rim of your nose and area between the nostrils twice a day.
2. Use nasal saline spray 4-6 times a day inside both nostrils to help with healing and comfort.
3. PLEASE DO NOT USE ANY NEOMYCIN/NEOSPORIN OINTMENTS ON YOUR SURGICAL SITE!

### **THE FIRST WEEK**

1. Rest and take it easy!
2. Avoid excessive talking, hard chewing, vigorous activities, bending over, lifting heavy objects, and getting your cast wet.
3. You can't really smile. You can try but it may hurt and feel a little funny.
4. The tip of your nose will be covered with blackheads. This is from the tape and glue.
5. Get up and walk around after 24 hours.
6. You will want to blow your nose but try to refrain.
7. Wash face gently with a washcloth and cool water after 24 hours; but keep cast dry.
8. If you have any concerns, call the office at (434) 227-5333.
9. Alcohol can prolong swelling and healing. It should be avoided the first 2-3 weeks.
10. Brush the teeth carefully during the early post-operative period.
11. Minimize talking, laughing, and crying for 10 days.
12. The cast is removed in 7-10 days.
13. Take no aspirin or medications containing salicylates or ibuprofen for 2 weeks.

### **NOSE BLEED**

IF YOUR NOSE STARTS TO BLEED USE A NASAL DECONGESTANT SPRAY (Neosynephrine, Afrin, Dristan or a generic nasal decongestant spray). Spray in both nostrils – you

may use the whole bottle. Lean forward and try not to swallow any blood. IF BLEEDING DOES NOT STOP IN 20 MINUTES – CALL 434-227-5333.

### **LONG TERM CARE**

1. After the cast is removed, the nose will show some residual swelling. At two weeks swelling will be substantially improved. The remainder will slowly subside over the next 6-12 months.
2. Your eyes may become discolored and swollen after surgery. The amount is quite variable. This will resolve in the first few weeks.
3. Your upper teeth and lip may be somewhat numb. This should go away with time.
4. Do not blow nose for 1 month.
5. Do not wear glasses resting on the nose for at least 1 month post-operatively as this can cause the nose to move and heal improperly. Use tape or a support bough (which you may get from an Optometrist) to suspend your glasses from your forehead.
6. Avoid sun exposure for 6 weeks and use sunscreen for 6 months after surgery.
7. No swimming for 2-3 weeks and no diving for 6 weeks post-operatively.
8. You may return to school or work whenever you feel ready. Your activity level should be gradually increased after the first 1-2 weeks.
9. Complete healing of the nose takes 6-12 months. It is important to be seen for follow-up visits at approximately 2-3 weeks, 6-8 weeks, 6 months, and 1 year.