



NASAL SURGERY POST-OP INSTRUCTIONS

Please read these instructions carefully before and after your surgery. By understanding and following these precautions, you can make your recovery more comfortable and more rapid.

The First 48 Hours After Surgery

You can expect to have swelling and bruising around your eyes and mid-face, which may be worse on the 2nd and 3rd day after surgery. Your eyes may be red, with increased mucous production. Your upper lip will be swollen, and your teeth may be numb. You may experience some discomfort that should easily be treated with the pain medications you will be prescribed. There will be some mucous discharge and bleeding from the nose, which will decrease over the first 2 days, but it is not unusual for it to continue for up to 1 week or more. Change the drip pad under your nose as needed.

- Keep your head elevated at all times. Sleep in a recliner or at least keep two pillows under your head in bed for the first week.
- Use ice as directed over your forehead, eyes, and cheeks until midnight on the night after surgery. It is best to use a lightly wet hand towel that is placed in the freezer for 15-30 minutes to avoid excessive weight on the nose.
- Take only liquids immediately after surgery (for example, Gatorade or Powerade), then progress to regular food starting on the 1st day after surgery.
- Go to the bathroom with assistance, if you are feeling lightheaded.

Postoperative Appointments

- You will have an appointment to see Dr. Panossian 1 week following the surgery.
- If you have external sutures, they will be removed at the time of your visit.
- Also during your first visit after surgery, Dr. Panossian will remove internal and external splints.

Do's and Dont's

Do:

- keep your head elevated for 2 weeks
- remain calm with very light activity for the first 3 days
- use ice packs the evening of surgery
- take your prescribed pain medication, if uncomfortable
- take your prescribed anti-nausea medication starting on the evening of surgery
- take your antibiotics on the evening of surgery, if prescribed
- take over-the-counter stool softeners such as Colace, Dulcolax, Miralax, or Milk of Magnesia to prevent constipation
- resume your preop medications (avoid aspirin or ibuprofen containing products for 1 week after surgery)
- change the drip pad under your nose as needed
- leave your mouth open if you must sneeze
- brush your teeth very gently
- wear your contact lenses after the 2nd day
- keep your splints and dressings dry

Do (continued):

- apply Neosporin ointment or Vaseline just around the opening of the nostril where there may be scabbing (a small amount of hydrogen peroxide on a cotton swab is helpful also to keep the nostril opening clean - **DO NOT** insert into the nose)
- use makeup to cover up bruising as needed
- use sunscreen on your nose after the splints are removed
- **gently** wash your face and nose after the splints are removed
- wear clothing that zips or buttons in the front rather than the type that must be pulled over your head
- return to work or school after splints are removed and if no longer taking narcotic pain medications

Don't:

- bend over, lie flat, or exercise
- forget your prescribed pain medication
- leave a soiled drip pad underneath your nose
- sneeze through your nose or blow your nose
- brush your teeth vigorously and move your nose
- let your glasses (eyeglasses or sunglasses) sit on your face for 6 weeks after the splints have been removed
- get your splints wet, manipulate, or remove them (if you need to shampoo before splint removal, have someone else do it with your head back)
- expose your nose to ultraviolet rays (sun or sunlamps) for 2 months after surgery
- engage in any contact sports for 8 weeks
- perform any strenuous activity for 4 weeks
- enter into any situation in which your nose may be struck or pushed
- drive a car, operate machinery, power tools, drink alcohol including beer, make important decisions or sign legal documents while on narcotic pain medications

If you have any questions, please contact our office for advice. Your assistance and cooperation are vital to obtaining the best result for your nose.