



NASAL SURGERY INSTRUCTIONS

(IN ADDITION TO THE GENERAL INSTRUCTIONS)

PRE-OPERATIVE INSTRUCTIONS

- Do NOT smoke at least 4 weeks prior to surgery
- Do NOT take ASPIRIN or aspirin-containing products for 2 weeks prior to surgery
- Please have your prescriptions filled prior to surgery

POST-OPERATIVE INSTRUCTIONS

- Swelling and Bruising: It is normal to become swollen and black and blue in the eye/nose/cheek areas. To help reduce this, the following are helpful:
 - keep your head elevated above your heart at all times
 - Apply iced gauze pads (Gauze soaked in ice water) to the eye and cheek areas for the first 48 hours
- Bleeding: The most common complication after nasal surgery. A few drops of bloody drainage is normal and to be expected just after surgery. to reduce this, the following are recommended:
 - Keep your head elevated above your heart at all times
 - Avoid bending, tying your shoes, or lifting
- Pain: Take your pain medicine as prescribed. Do not take pain medication on an empty stomach, this can increase nausea
- Diet: A soft diet is recommended
- Activity: Rest for the first 24-48 hours. Avoid strenuous or heavy lifting for 4-6 weeks. Walking and gentle exercise is permitted
- Bathing: You may shower, avoid excess water to the face as the splint may come loose
- Nasal Care: Do not attempt to clean the inside of your nose; use nasal sprays as directed if prescribed
- Driving: Please do not drive until instructed by your physician

NOTIFY THE OFFICE IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **If you develop a temperature above 101.5° F**
- **If you have bleeding**
- **If you develop redness (like a sunburn) on your face**

PLEASE CALL THE OFFICE AT 301-215-5955 IF YOU HAVE ANY QUESTIONS OR PROBLEMS