

Instructions to Patients Following Nasal Surgery

ENT Ear, Nose & Throat *SpecialtyCare*

**Minneapolis • St. Paul
Burnsville • Coon Rapids • Edina
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PATIENT INSTRUCTIONS
FOLLOWING
NASAL SURGERY

Please read and familiarize yourself with these instructions. By following them carefully, you will assist in obtaining the best result from your surgery. If questions arise, please contact your doctor. Take this list with you to the hospital and begin observing these directions immediately after your surgery.

NASAL CARE

During the first week or more after a nasal operation, the membranes lining your nose will remain swollen. As a result of this congestion, pressure will be felt in the nose and around the eyes. Breathing through your nose may be difficult. Normal nasal and sinus secretions cannot easily pass into your throat due to the intranasal swelling and this may further contribute to a sense of nasal blockage and the development of crusts. As healing progresses, intranasal congestion will diminish and the nose will gradually feel more normal.

- Expect a small amount of bloody drainage from your nose, particularly during the first 24 hours after surgery. You will be provided with "drip pads" to be used as needed. You may have to change these pads several times during the first day. Should the dressing stick to your nose, it may be loosened with the application of hydrogen peroxide. Once the drainage stops, the pads may be discontinued.

- **Do not** blow your nose until approved by your doctor. If you have to sneeze, try to sneeze with your mouth open.

- You may need to be seen the day following surgery in our office if an intranasal packing is used so that it can be removed.

- Use 2-3 sprays of Afrin in each nostril every 12 hours for the first 3-4 days after surgery. This will reduce nasal pressure and improve your breathing. You **must not** use the Afrin for longer periods of time, as it will become irritating to the nose with prolonged use. If intranasal packings are used, wait until they are removed in the clinic before starting the Afrin spray.

ACTIVITY

Avoid any heavy lifting, bending or straining for two weeks; no extreme physical activity like swimming or gym for one month.

Do not bump your nose after surgery.

SWELLING

Every operation creates swelling of the surrounding tissues to various degrees. This usually reaches its maximum in 48 hours and then gradually diminishes over several days.

The following instructions will help you minimize the swelling:

- Keep your head elevated when lying down.
- Sleep with your head propped up by two or three pillows.

FOODS

Avoid foods that require prolonged chewing. Avoid hot liquids such as coffee, tea etc., for 24 hours after surgery. No gum chewing.

FINALLY

1. ____ If checked, you will need to be seen the **next day** in our clinic for intranasal packing removal. Please come to the

office at ____ A.M./P.M. to see your doctor.
Telephone number:

2. Call today to make an appointment to be seen in **one week** from the day of your surgery. At that time, your nose will be carefully examined to assess healing. Additional instructions for at-home treatments will be given to you at that time.
3. Please call if there is any excessive bleeding, severe headache, double vision, or temperature greater than 100 degrees Fahrenheit orally.

Additional Instructions for Patients Who Have Had Rhinoplasty/Nasal Reconstruction

Facial Care

- Brush your teeth gently with a soft, small, child-type toothbrush only.
- Wash face gently with mild soap and water; keep the dressing dry.
- Take tub baths until the dressings are removed.
- Do not wash hair for one week unless you have someone do it for you. Do not get nasal cast wet.
- Men may shave, except the upper lip area.
- Women are encouraged to use makeup after discharge from the hospital if gently applied. Max Factor's Erase or Cover Away by Adrian Arpel are good to cover discoloration. Coat lips with Vaseline, etc. for dryness.
- Avoid sun or sunlamps for six weeks after surgery.

Upper Lip

- Avoid smiling or grinning for one week.
- Women should use a brush to apply lipstick and do not pull the upper lip down when applying it.

Other

- Eyeglasses can be worn on the nasal cast, but after it is removed, they should be suspended from the forehead by adhesive tape. Glasses must not rest on the nose 4 - 6 weeks after rhinoplasty because it may change the contour of the nose. Contacts may be worn after three to four days.
- No alcohol or tobacco until bandages are removed.
- Until the bandages are off, wear clothing that buttons rather than the type that must be pulled over the head.
- Use the medications prescribed by your doctor as directed.
- Two drops of olive oil in each nostril every four hours will help soften crusts and scabs.

Finally

- Most discoloration will have disappeared within 7-10 days. The majority of the swelling is also gone, but some small amounts remain for weeks to months. The thicker and oilier the skin, the longer it takes the nose to reach its final stages.
- Please call for:
 - Any excessive pain or bleeding.
 - Temperature greater than 100° F orally or 101° F rectally.
 - Any injury to your nose.

**PLEASE CALL IMMEDIATELY
TO MAKE YOUR POST-
OPERATIVE APPOINTMENT
WITH YOUR PHYSICIAN.**

PLAN AHEAD:

Medication refills, including pain medicine, must be requested during clinic hours
Monday - Friday, 9 am - 5 pm.

Your appointment should be
_____ days/weeks
from your surgery date.