

NASAL SURGERY POST OPERATIVE INSTRUCTIONS

Please read and familiarize yourself with these instructions both BEFORE and AFTER your nasal surgery. By following them carefully you will assist in obtaining the best result from your surgery. If questions arise, do not hesitate to communicate with our office and discuss your questions at any time.

For 48 hours after surgery sit up or walk during the day, and at night sleep with the head of your bed elevated with 2 or 3 pillows. **USE ICE COMPRESSES LIBERALLY.** Take only medication prescribed by your doctor (s).

Avoid lifting or bending, swimming and flying for two weeks following procedure.

Do not blow nose until instructed. Wipe or dab nose gently with Kleenex, if necessary.

Change dressing under nose (if present) as needed. Once nasal discharge has subsided nasal rinsing should begin. Use salt water (saline) rinses beginning 1 or 2 days after surgery to wash away any crusts and surgical debris. You may obtain a nasal rinse kit from our office or prepare your own. See recipe on back with instructions.

Inside of nasal passages may be wiped using Q-tips and peroxide as long as Q-tip is only inserted as far as the cotton portion. Bacitracin ointment may also be used to help alleviate discomfort.

The nasal plaster cast and paper tape extending from under the cast around tip of nose must remain in place for approximately one week and will be removed in the office. **DO NOT DISTURB IT.** Cast must be kept dry at all times and avoid prolonged hot, steamy showers as this may cause cast to loosen.

Brush teeth gently with a soft toothbrush only. Avoid manipulation of upper lip to keep nose at rest.

Glasses (both regular and sun) may rest on the nasal cast. Once the cast has been removed we will instruct you in the method of taping glasses to your forehead to avoid pressure on the nose. Contact lenses may be worn within 2-3 days after surgery.

Absolutely avoid direct sun or sun lamps for 6 weeks after surgery. Heat may cause the nose or face to swell. Always wear a hat and use sunscreen to reduce chances of sunburn.

Approximately 6 weeks following surgery you will have an opportunity for a complimentary make-over after which post operative photographs are taken.

Wear clothing that fastens in the front or back for one week. Avoid slipover sweaters, T-shirts, and turtlenecks.

Do not be concerned if following removal of dressing, the face, nose, eyes, and upper lip show some swelling and discoloration – this usually clears in 2-3 weeks. After nasal plastic surgery, in certain patients, it may require 6 months for all swelling to completely subside.

We will also instruct you on the method of taping your nose, for sleeping purposes only, to keep swelling to a minimum.

Salt-water (saline) solution preparation:

¼ teaspoon salt

¼ teaspoon baking soda

8 ounces (1 cup) of warm distilled water

A bulb syringe should be used to squirt this solution in the nose a few times daily.