

POST-OPERATIVE INSTRUCTIONS NASAL SURGERY

1. Swelling **PEAKS** 24-36 hours after surgery, thus **APPLY** ice to the eyes and forehead for the first 72 hours. 20 minutes on, then 20 minutes off. (Crushed ice in surgical glove is given day of surgery.) Do not ice for longer than 20 minutes at a time.
2. **SLEEP** with your head elevated on at least 2 pillows for the next few weeks.
3. **DO NOT** take Aspirin, Ibuprofen, Vitamin E or products containing these medications for 2 weeks after surgery. Take **ONLY** Tylenol or Extra-Strength Tylenol or Vicodin (or a comparable pain reliever) if needed.
4. **YOU MAY** have a drip pad underneath your nostrils. This is to absorb drainage from your nose and should be changed as needed. It may be removed when there is no more drainage.
5. **DRAINAGE** from your nostrils may be bloody for a day or two. It will then change to a clear discharge, which will eventually stop over the next couple days.
6. **THE INNER AND OUTER MOST** part of the nostrils may be cleaned with peroxide and/or warm water with cotton applicators. Go up into nostrils with the applicators **only to the end of the cotton tip**. Then dry nostrils with opposite end of Q-tip
7. **YOU MAY** shower 24 hours after the surgery if you feel okay. Do not make the shower too hot and do not take a long shower.
8. **DO NOT** blow your nose while the dressing is on as bleeding may occur. If you must sneeze, try to keep your mouth open.
9. **DO NOT** do any strenuous exercises, heavy lifting, or jogging for at least 3 weeks after surgery.
10. **DRYNESS** of the throat and mouth may be alleviated by drinking a lot of fluids. **AVOID** extremely hot drinks. You may run a vaporizer or humidifier in the room in which you are staying. This will put extra moisture in the air. Suck on hard candy or throat lozenges. Apply Chapstick or Vaseline to your lips 3 to 4 times a day. Drink plenty of water!!!
11. The 2nd or 3rd day after surgery, you may use a **SALINE** nasal spray or drops in your nostrils and sniff back to help alleviate dryness and crusting. You may use the saline several times a day.
12. **REMEMBER TO TAKE** the Antibiotic as directed.
13. **SCHEDULE** a return visit with the office 7 days after the surgery.
14. **NOTIFY THE OFFICE OF ANY UNEXPECTED PROBLEMS (732) 846-6540.**