

## *Nasal Surgery- Post operative instructions:*

**You will need:** Medical tape, saline nasal spray and gauze pads.

**The day before your surgery:** hospital/surgery center will call you the day before your surgery to remind you of your check in time. They will also perform a health history over the phone. You may not eat or drink after midnight the night before your surgery.

**The day of surgery:** Do not bring valuables to the hospital/surgery center, you will have to remove all jewelry, make-up and other non-essential items when you arrive for surgery. You should wear a shirt that buttons or zips up the front so that you do not have to pull it over your head when you arrive home after surgery. Take a shower in the morning before you leave to go to the surgery center. Make sure your driver understands that they will need to stay at the hospital/surgery center for the duration of the surgery.

**At home after surgery:** After arriving home, you will need to rest. Keep your head elevated by using multiple pillows behind your head/neck or by resting in a reclining chair. It is very important that your head stay elevated and not lay flat to reduce the post-operative swelling and discomfort. **You will apply ice immediately after this surgery.** We suggest that you apply ice every 20 minutes to the surrounding areas of the face closest to your nose. When applying you will leave it on for 20 minutes and re-apply in 20 minute intervals. **You should not place the ice directly on your nose**, as this is too much weight for your nose to bear at this time, you will achieve greater comfort by applying the ice to your cheeks and forehead (between the eyes and forehead). Be sure to stay ahead of the pain by taking the prescribed pain medication every 4-6 hours as needed. If you do not need the prescription pain medication, you may take Tylenol. Do not take the Tylenol and the prescribed pain medication together. You will begin your antibiotic the evening of surgery with your meal. For the next 3 days you will have a soft diet, foods that are easy to chew as you may be a little sore. Large sandwiches are discouraged until your suture lines have had time to heal.

After this surgery your nose will be stuffy and you will feel like you have a cold. Don't worry, this is all a normal part of the healing process. You may use the nasal saline spray as many times a day as you need to- to help moisturize the nasal passages. This also prevents scabs from forming inside the nose.

Avoid heavy lifting, anything heavier than a milk jug is too much for the first week after your surgery. You should not bend over, push or pull anything for the 2 weeks following this surgery. If you need to sneeze, try to project the sneeze through your mouth. **Do NOT BLOW YOUR NOSE until released to do so by Dr. Smith.** Do not wear sunglasses or prescription glasses until cleared by our office. If you absolutely have to wear them, do not allow the glasses to rest on your nose, you may tape them to your forehead until you have healed enough to wear them normally.

Light activity may be resumed after 1 week, regular activities (sports) may be resumed after 6 weeks. Use an SPF of 20 or higher on your nose when in prolonged sun exposure to protect the skin as this area will be sensitive and may burn.

You will follow up in 1 week after your surgery. There are occasions that Dr. Smith may apply a small cast to the nose after surgery, if he does, this should stay on for the week following surgery and will be removed in our office. It is unlikely that your cast will fall off on it's own, please be assured that there is a reason for it being there. You may shower 24 hours after your surgery. Be sure to keep your back to the shower spray. Do not let the shower spray hit your face/nose directly. This will not feel very good. You may wash your hair, but remember to keep your back to the shower spray. Towel blot your nose/cast after you are done.

If you have any questions or concerns about your surgical procedure, please do not hesitate to contact our office for further instructions.

- Note: You **may** have a cotton ball/Telfa dressing attached to your ear. This will stay in place for 1 week. Do not try to remove the dressing after surgery. Try to keep it dry until removed in the office at your 1 week post operative visit.
- A thin non-stick pad will be placed in each nostril after surgery. This pad is there to absorb excess drainage. You may remove it 24 hours after surgery, at home.

Post Operative Appointment date: \_\_\_\_\_ at \_\_\_\_:\_\_\_\_

Office phone number: (614) 245-4263