

NASAL SURGERY POST OPERATIVE INSTRUCTIONS:

1. Do not smoke. Avoid second-hand smoke exposure.
2. Do not blow nose, wipe gently instead.
3. When sneezing, open your mouth and let the force of the sneeze come out of your mouth.
4. Do not remove or allow water to contact any dressings on TOP of your nose. Do not pull or push on the silicone splints inside your nose. These are held in by a small stitch and will be removed at the first post- op visit. Keep these small tubes inside your nose open by spraying 3-4 squirts of nasal saline solution/spray three to four times a day in each nostril. Keep the nostrils clean and scab free by using hydrogen peroxide on a Q-tip as often as necessary to dissolve any crusts that may accumulate. Apply **POLYSPORIN** antibiotic ointment(over the counter) to both nostrils 3 times a day after cleaning them. You may change the moustache dressing UNDER the nostrils as often as necessary.
5. Sleep with your head elevated on several pillows. This will help to reduce swelling.
6. Do not perform any strenuous activity for 2 weeks.
7. Do not drink alcohol, especially if using prescription narcotic pain relievers.
8. Do not drive or operate machinery for 24 hours after anesthesia and surgery or if using narcotic pain relievers because of the potential for sedation.
9. Take only the prescribed medications for pain control. If these are too strong, you may use Tylenol. **DO NOT** use aspirin, ibuprofen, naproxen, excedrin or any medications belonging to the NSAID family. These medications may promote or prolong bleeding. If you are not sure, consult with your pharmacist or physician.
10. Promptly begin taking any prescribed antibiotics.
11. Please understand that nasal congestion and stuffiness is normal after sinus/nasal surgery. This will improve after the nasal splints inside the nose are removed. A small amount of bleeding is normal for a day or two after surgery, typically mixed with mucus secretions. Maintain a moustache dressing during this time.
12. You may apply a crushed Ice Bag to the face. Apply for a few minutes every 2-3 hours while awake for the first day or two after surgery and then only as needed.
13. **PLEASE CALL THE OFFICE (215) 465-8800 IF YOU HAVE QUESTIONS, IF YOU DEVELOP SUSTAINED SEVERE BLEEDING, FEVER, CHILLS, SEVERE HEADACHE, CHANGES IN VISION OR INTRACTABLE NAUSEA AND VOMITING. IN CASE OF EMERGENCY, GO TO THE NEAREST EMERGENCY ROOM.**

POST OPERATIVE APPOINTMENT: Call to schedule a return office visit.
We would like to see you in _____ week(s) With Dr. _____

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