

WESTERN AVENUE DAY SURGERY CENTER

Plastic, Reconstructive and Cosmetic Surgery
Surgery of the Hand

244 WESTERN AVENUE
SOUTH PORTLAND, MAINE 04106-2496
TEL. 207.775-3446 FAX 207.879.1646

Postoperative Instructions for NOSE SURGERY

ACTIVITY

DAY OF SURGERY:

- Keep activities to a minimum (preferably have someone assist you to the bathroom).

FIRST WEEK:

- Use 2 pillows at bedtime.
- You may gradually increase your activity to your comfort level. Do not bend over from the waist (keep head up). Do not strain or do anything which requires significant effort.
- You may wash your hair on the 4th day providing you have someone to help you wash it in the face-up position.
- **Do not bend your head forward.** You may blow it dry with a warm hand dryer or sit under a cool dryer.
- Avoid sports and other strenuous activities for 4 weeks.
- No driving until permitted by physician.

MEDICATION & COMFORT:

- **Take pain medications with food**, following instructions on bottle. For the first day or two, have someone else give you medication according to correct time intervals, as you might forget and take it too often. **No alcohol** while on pain medication. Pain medicines may cause drowsiness and constipation.
- Please remember that refills will only be considered during office hours, 9 am to 5 pm, Monday through Friday. If you feel you need more pain medicine, please call during these times.

DIET:

- Soft diet with little or no chewing for 2-3 days. Drink lots of liquids. Avoid very hot foods or liquids.

THERAPY:

- **No hot or warm compresses!**
- Apply ice pack for 20 minutes on, 20 minutes off for the first day until bedtime and continue the next day.

YOU CAN EXPECT:

- Initial nose bleed for about 4 hours. Change "drip pad" gauzes under your nose as needed.
- Moderate discomfort.
- Swelling and black and blue around your eyes, sometimes more on the second or third day.
- Blood-shot "whites" of your eyes; you may also have tearing of your eyes.

Call the office (775-3446) if you have:

- Severe pain not responding to medication.
- Prolonged profuse bleeding (soaking more than 5 drip pads per hour after 4 hours).
- If any other question or problem arises.

OTHER:

- Do not blow you nose for 2 weeks after surgery. After the first week you may gently cleanse your nostrils with a moist Q-Tip.
- You may wear any makeup providing it does not interfere with the splint or tapes. If you happen to sneeze, it usually does no harm.
- No smoking for 7 days after surgery. Smoking irritates the nose lining and causes coughing, both of which could bring on a nose bleed.
- No nose drops for 10 days after surgery.

I have received the above instructions.

Signature *X*

Relationship to patient _____

Date _____