Postoperative Instructions for NOSE SURGERY

ACTIVITY

* Use 2 pillows at bedtime and keep your head elevated. Do not bend forward from the waist.
* Avoid sports and other strenuous activities for 4 weeks.

HOME CARE

* Do not use hot or warm compresses.
* Apply an ice pack for 20 minutes on, 20 minutes off for the first day until bedtime if instructed by your physician. Continue to ice the following day as needed.
* Avoid hot foods or liquids.
* Do not blow your nose for 2 weeks after surgery. If you happen to sneeze, it usually does no harm.
* Do not use nose drops for 10 days after surgery. After the first week, you may gently cleanse your nostrils with a moist Q-tip.
* You may wear makeup providing it does not interfere with the splint or tapes.
* Avoid prolonged exposure to the sun while incisions are red to minimize scarring.
* No smoking after surgery to prevent possible bleeding and delayed healing.

WHAT TO EXPECT

* Initial nose bleed for 4 hours. Change gauze ‘drip pad’ under your nose as needed.
* Black and blue discoloration and swelling around your eyes – sometimes more on the 2nd or 3rd day.
* Blood shot and teary eyes.

MEDICATION & COMFORT

* You may take \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for pain relief.
* Pain medications may cause drowsiness, upset stomach, and constipation.
* Take pain medication with food.
* Do not drink alcohol or drive while taking prescribed pain medication.
* Refills are only available during office hours – 9am to 5pm, Monday through Friday. If you feel you need more pain medication, please call during those times.

CALL THE OFFICE (775-3446) IF YOU NOTICE

* Prolonged profuse bleeding (soaking more than 5 gauze ‘drip pads’ per hour after 4 hours)
* Severe pain not responding to medication.

I have received the above instructions. Signature X \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Relationship to patient \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_