

NO ASPIRIN 2-4 WEEKS BEFORE SURGERY. TYLENOL IS OK.

POST-OPERATIVE NASAL SURGERY INSTRUCTIONS

Basically, thou shall not lift, bend, strain, blow, sneeze, or lie flat.

1. DO NOT lie flat. Keep your head elevated at all times until the doctor has instructed you differently. A pillow under the mattress plus one to sleep on should be sufficient.
2. You may be dismissed from the hospital with a drip pad under your nose. The only purpose of the pad is for protection of clothing. This pad may be changed when needed and when you eat if it bothers you.
3. DO NOT lift anything greater than 10 pounds until the doctor has instructed you differently.
4. Limit your physical activities until the doctor has given you permission to do otherwise.
5. You will be given prescriptions before leaving the hospital. Be sure to take these medications as directed on the bottle.
6. Before leaving the hospital you will be given an appointment card telling you when you are to return to our office. Be sure to keep this appointment. When you do come to our office for this appointment, please bring someone to drive you home if you have nasal packing which is to be removed.
7. When you feel as though you are going to sneeze, open your mouth and sneeze with your mouth open.
8. If you have packing, when the packing is removed, DO NOT blow your nose, until the doctor instructs you differently.
9. DO NOT take aspirin- use Tylenol which may be purchased without a prescription.
10. If you have packing, and you bleed significantly after the packing has been removed, call the office as we will need to make the decision as to whether repacking is necessary. Cold wash cloths or ice packs may be helpful, but do not pack your nose with Kleenex or toilet tissue.
11. Rock or hard candy is helpful for the dry and uncomfortable sore throat you may develop while your nose is packed.
12. A few drops of baby oil in each nostril 2-3 times a day, after the packing has been removed, will help relieve the drying and crust formation.
13. A couple of weeks after surgery, spraying the nose with saline nose spray, prescription not needed, 3-4 times a day is both cleansing and helps decrease the normal post-operative crusting.
14. While exposed to direct sunlight a sunscreen such as Pre-Sun, Uval, etc., should be used for one year after cosmetic rhinoplasty surgery. This does not apply to operations performed solely for breathing.
15. After rhinoplasty surgery skin-colored suspension tape should be used to reduce the weight and pressure caused by wearing glasses. We will be happy to instruct you in its use.
16. If pregnancy is suspected please notify your Doctor for surgery should not be performed at this time.