



NASAL SURGERY INSTRUCTIONS

Pre-operatively

1. You will receive a call from our Surgery Scheduling Coordinator informing you of the location of surgery and the time of arrival approximately 2-3 days prior to your surgery date.
2. No aspirin, ibuprofen, nor other non-steroidal anti-inflammatory products for two weeks before surgery or for two weeks after surgery.
3. No herbal supplements or Vitamin E 2 weeks prior extending to 2 weeks after surgery.
4. Nothing to eat or drink within 8 hours of the time of surgery. This is extremely important.
5. You may take required medications (blood pressure, cholesterol, etc) the morning of surgery with minimal water. If you are unsure of which medications to take please contact our office to determine this.
6. If pregnancy is suspected please notify us.
7. Report any bleeding tendencies/family history of bleeding

Post-operatively

1. You will receive your prescription for pain medication and possibly an antibiotic at the time of surgery.
2. You may be released from the surgery center/hospital with a drip pad under your nose. This is only for protection of your clothing and may be changed or removed at any time.
3. Elevate the head of the bed for the first two nights, and then you may lie flat. An extra pillow under your head or sleeping in a recliner is sufficient.
4. Do not lift anything greater than 10 pounds for 2 weeks after surgery.
5. No strenuous physical activity/working out for 2 weeks after surgery.



6. Irrigate your nose with the Neil Med Sinus Rinse twice per day starting on the evening of your surgery. We have this in our office. Most pharmacies also carry this product in the cough and cold section of their store.
7. When you feel you are going to sneeze, please try to open your mouth and have as much of the sneeze as possible go through your mouth.
8. If the pain does not warrant the prescription pain med, then use Tylenol. Do not use Tylenol in addition to the prescription pain med as it also contains Tylenol.
9. You will receive the date, time, and location of your post-operative appointment after surgery.