

NASAL SURGERY INSTRUCTIONS

1. No bending, lifting or strenuous exercise for two weeks following surgery.
2. No forceful blowing of the nose for two weeks following surgery. To clear your nose, you may sniff gently.
3. Pain in the nose, palate, and teeth is normal as well as swelling and bruising after nasal surgery and varies from patient to patient. Swelling and bruising is typically limited to patients having cosmetic surgery and is decreased by applying ice for the first two (2) days and keeping your head elevated.
4. Do not take aspirin or ibuprofen for pain. Aspirin may cause bleeding. You will be given prescriptions for pain medication.
5. Drink large amounts of liquids following surgery. You may want to take a large glass of water to the bedside so that you can sip during the night. A humidifier is often helpful.
6. The nasal packing and/ or splints need to remain in place for up to one week after surgery. Removing them should NOT be painful.
7. If you are having a rhinoplasty, it is important that you shield your nose from the sun for the first six months after surgery as you will tend to burn more easily. It is necessary for you to wear sunscreen with an SPF of at least fifteen (15). If you wear glasses, it is preferable that they do not rest on the bridge of your nose for the first six (6) months post-operatively.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL OUR OFFICE

Saline solution to rinse your nostrils can be helpful. 1 teaspoon salt and ¼ teaspoon baking soda mixed in 8 ounces of warm, fresh water.