

## Instructions for Before and After Nasal Surgery

**What to expect:** You may expect to have soreness, bruising and swelling for several weeks. You may notice drainage on the dressings for a few days. Due to the bruising associated with this surgery, you may choose to consult with one of our medical aestheticians for a complimentary guide to make-up camouflage.

**\*IMPORTANT\*:** If you are currently taking any type of birth control, the antibiotics given during and after surgery may interfere with the effects of birth control. You should use a second method for one month post-surgery.

**SIX WEEKS BEFORE SURGERY:** Your surgeon may request you abstain from smoking and all tobacco products for 6 weeks before and 6 weeks after surgery. Failure to abstain from tobacco may result in your surgery being postponed or canceled as this complicates the healing process.

**TWO WEEKS BEFORE SURGERY:** *\*SURGERY FEES DUE AT THIS TIME\** Discontinue Aspirin and Aspirin-like products, ibuprofen (Motrin/Advil), Naprosyn (Aleve), Vitamin E, Omega-3, Omega-6, Flaxseed Oil and certain herbs like Ginkgo Biloba, St. John's Wort, and Ephedra. Have other vitamins or herbs cleared with our office. You may take Tylenol (acetaminophen), as directed, at any time prior to surgery.

**DAY OF SURGERY:** Do not eat or drink anything after midnight the evening before surgery, unless otherwise directed by the anesthesiologist.

### **AFTER SURGERY CARE:**

- Your greatest discomfort usually occurs the first 24-48 hours after surgery. During this time, take all medications prescribed by your surgeon as directed. It is helpful to take pain medication with bland food to avoid nausea, which may occur if taken on an empty stomach.
- If you have a splint, nasal packing or tape, DO NOT remove unless otherwise instructed.
- Use light weight ice packs for cold compression around your nose during the first 24-48 hours to decrease bleeding and swelling. 20 minutes on and 20 minutes off, while awake. A small bag of frozen peas works well for this as they are light and can be refrozen.
- Sleep with your head elevated on several pillows or reclined in a chair for 1 week post-op to decrease swelling.
- Contact the office before taking any Aspirin, ibuprofen (Motrin/Advil) or Aspirin-like medications. You may take Tylenol, if you are not taking a pain medicine that already contains Tylenol (acetaminophen), such as Percocet (oxycodone) or Norco (hydrocodone).
- Eat easily digestible foods such as Jell-O, ginger ale or soups. These are tolerated well the first 24 hours after surgery. If you are not experiencing nausea, you may resume a normal diet.
- Drink plenty of non-caffeinated beverages and eat fruit and food high in fiber to avoid constipation. Should constipation occur, discontinue pain medication (if tolerated). For

relief, you may try magnesium citrate (purchased at your local pharmacy) or prune juice. It may take up to 24 hours to produce a bowel movement. These treatments may be repeated as needed.

#### **AFTER SURGERY ACTIVITY AND HYGIENE INSTRUCTIONS:**

- No lifting over 10-15lb. until cleared by your surgeon. When picking up items, bend at the knees, not from the waist.
- When at home, take frequent rest periods - you may walk for short distances, as walking is important to prevent clots from forming in your legs. As you increase your activity, let comfort be your guide. If it hurts, don't do it.
- Do not resume jogging, aerobics, sexual or vigorous activity until cleared by your surgeon.
- No heavy household chores (laundry, vacuuming, sweeping/mopping, etc.) until cleared by your surgeon.
- You may shower and wash your hair after your first post-op visit. Keep your head tilted back. Pat dry any incisions.
- While taking pain medicine, have someone assist you with daily activities, particularly personal hygiene.
- Avoid vigorous activities that require pushing, pulling and/or lifting heavy objects.
- DO NOT blow your nose.
- Check with your surgeon before returning to work, particularly if your job requires heavy lifting or vigorous activity.
- You may drive if it is greater than 24 hours after surgery and you have not taken pain medicine in 24 hours or more.
- Avoid sunbathing for 4-6 weeks or until cleared by your surgeon.
- Do not smoke for 6 weeks as smoking delays the healing process.

#### **WOUND CARE:**

- If you have a nasal splint, nasal packing or tape, DO NOT remove it unless otherwise instructed.
- Gently blot any drainage using gauze and do not hit your nose when blotting. Sit in a semi-reclined position until draining subsides.
- Do not pinch or push on your nose in an effort to decrease drainage.
- If you sneeze, do so with your mouth open
- DO NOT insert any object in your nose to clean it or minimize drainage.

- Do not get nasal dressing wet. You may gently clean your face using a face cloth.
- **DO NOT PUT ANYTHING ON YOUR INCISIONS UNLESS INSTRUCTED BY YOUR SURGEON!**

**NOTIFY YOUR SURGEON IF:**

- Your drainage becomes profuse.
- You have a fever greater than 101 that lasts more than 24 hours.
- You develop excessive swelling, redness or warmth of incisions.
- You experience severe pain not responding to pain medication.
- You develop thick, odorous drainage or bleeding that does not subside.
- You experience shortness of breath.

If you have concerns after hours, contact our office at 417-875-3246 and an operator will page the on-call surgeon for you.