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Nasal Surgery Postoperative Instructions

Activity

Heavy lifting, straining, and exercise might cause nasal bleeding and should be avoided during the first week. After that, normal activity may slowly be resumes if you feel up to it. Don't be surprised if you tire more easily than usual, that's your body's way of letting you know you need to slow down. No diet restrictions.

Medications

A prescription for an antibiotic and pain medication will be given please follow the directions on the bottle. Pain is usually mild and controlled by either the prescribed medication or Tylenol (acetaminophen), but do not take them together. Please avoid aspirin or related products. Sleeping with your head elevated (2 pillows) will help decrease swelling and pain.

Cleaning your nose

Expect some bloody mucus drainage from the nose up to one week after surgery and occasionally longer. The drainage is greatest during the first three days, during which time it may be helpful to keep a gauze bandage taped under the nose. It is best not to blow your nose immediately after surgery, as this may cause bleeding. The best way to clean the nose of mucus and dried blood is with saline irrigation. Irrigations are performed with a bulb syringe. Add a teaspoon of salt to a glass of lukewarm water. Lean over the sink and using the syringe, irrigate each nostril with the solution. If done correctly, mucus will be flushed or suctioned out of the front of the nose; some may even drain out the back of the nose in to the mouth. Using one syringe full of salt water for each nostril, this procedure should be started on the first day after surgery, and repeated at least twice a day for one week. At first these irrigations may feel unusual, but soon you will find them comfortable. Don't worry about flushing too hard; the irrigations can be vigorous, so long as they don't cause new bleeding.

Breathing through the nose

Don't be discouraged if you can't breathe through the nose at first. It typically takes two-three weeks before the inflammation and swelling inside the nose have subsided enough for nose breathing.

What to look for

Please call the office if there is brisk, new bleeding from the nose which does not stop after five minutes of sitting up and squeezing the nostrils together, or a fever greater than 102 degrees.

Follow Up

Should be arranged for 2 - 3 weeks after surgery. Please call the office if an appointment has not already been arranged.