POST-OP NASAL SURGERY INSTRUCTIONS

DIET
- Resume regular diet.
- Avoid hot and spicy foods as this may increase nasal blood flow and oozing.
- Drink plenty of liquids.

ACTIVITY
- **DO NOT** blow your nose. Cough and sneeze with your mouth open if you need to do so.
- Avoid straining, bending, lifting, or vigorous exercise for 2 weeks.
- Keep the head of your bed elevated to reduce swelling for the first 72 hours.
- You may shower the day after surgery.

GENERAL INSTRUCTIONS
- Bleeding from your nose will occur from time to time. Do not become alarmed. For excessive bleeding or bleeding that does not subside after 15 minutes, you should call the number above.
- Change the drip pad under your nose as needed.
- You may place ice packs on your nose to alleviate swelling and discomfort. **DO NOT** place ice packs directly on nose. Wrap the pack in a cloth before application.
- Splints will be placed in your nose. This will cause stuffiness and mild discomfort. They will be removed at your first post-op visit.

MEDICATIONS
- Resume your normal medications.
- Take antibiotics as prescribed.
- Take pain medications as needed for pain.
- **DO NOT** take aspirin or aspirin products. **NO** Advil, Motrin, Aleve, Ibuprofen for two weeks following surgery.
- **DO NOT** use any herbal medicines/diet pills for two weeks after surgery.
- Saline nasal spray can be purchased over the counter, and should be used 4 times daily to keep the nasal passageways moist.

CALL THE OFFICE
- Fever greater than 100.4°
- Excessive nasal bleeding
- Sudden increase in pain