



AFTER SURGERY INSTRUCTIONS

NASAL SURGERY

770-427-0368

WHAT TO EXPECT

- Mild to moderate pain for the first few days.
- Nasal drainage, bleeding and obstruction are common side effects and gradually improve over the several weeks.
- Upper teeth numbness (temporary.)
- Any material or suture used in the nose is absorbable. Packing, gauze, sponges, or splints are **not** used unless specifically directed by your surgeon.

INSTRUCTIONS

- Begin to gently blow the nose 2 days after surgery.
- Use saline nasal spray or irrigation 3-4 times/day.

MEDICATION

- Acetaminophen (Tylenol or equivalent) and / or Ibuprofen (Motrin) is usually adequate for pain control after surgery.
- Prescription pain medication may be prescribed and used only if necessary for severe pain.
- Discard any unused prescription pain medication. Never save at home. Any prescribed pain medication from our office is on the FDA flushing approved list. Drop boxes are available at county offices and selected pharmacies.
- Acetaminophen is contained in prescribed pain medication – do not exceed maximal daily dose.
- Antibiotics are not prescribed due to side effects and lack of benefit.

ACTIVITY

- Avoid strenuous activity for one week.

DIET

- No restrictions.

POST OP APPOINTMENT

- Usually one week after surgery.

WHEN TO CALL

- Call office during routine hours for problems or concerns. After hours calls should be limited to urgent problems such as excessive bleeding, visual changes, or excessive drowsiness.