

Post Operative Instructions — Nasal Surgery

Please read this sheet before and after your surgery and follow all instructions to assure the best result from your surgery.

- Please arrive to the hospital on time. If you are late, your surgery may need to be postponed or delayed.
- It is very important that you arrive with an empty stomach. If you drink water, coffee, etc. or have anything to eat after midnight the night before, your surgery will be canceled. This is to ensure your safety.
- You must have someone drive you home and stay with you the first night after surgery. There are no exceptions to this rule. Please make the appropriate arrangements well in advance; you cannot take a cab or bus.
- Do not take any aspirin or aspirin-containing products (Excedrin, etc.) for 7 days prior to your surgery. Let us know if you are on a blood thinner (Coumadin/Warfarin).
- After surgery there may be some packing in your nose. It will be removed before you leave the hospital or the following day in the office.
- Expect to have some bloody drainage for 2 – 3 days after surgery. If bleeding is heavy/persistent call the office.
- Do not blow your nose for 1 week after surgery as this may cause bleeding or swelling. Using your saline spray will help to relieve the discomfort.
- Please use your saline spray often, at least 5 – 6 times per day. You can use it every hour or so; it will only make you feel better.
- Please be aware that the narcotic pain medications (Vicodin/Lortab) do cause constipation. Use an over-the-counter stool softener if needed, and discontinue the pain medication as soon as possible.
- Sleep with the head of your bed elevated (approximately a 30° angle) for the first 5 days after surgery as this will help relieve congestion.
- Do not plan to fly or travel out of town for at least 2 weeks after your surgery. Air travel will cause sinus and ear pain and your physician will not be able to assist you with any problems if you are out of town.
- You may eat a light dinner the night of the surgery if your stomach is okay.

Finally, please call the office and talk to the medical assistant if you have any questions or concerns about your recovery. Be patient, it will take a week or two until you feel normal again.