



PRE- AND POST-OPERATIVE INSTRUCTIONS FOR NASAL SURGERY

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have a good outcome.

Pre-Operative Guidelines:

1. Discontinue ASPIRIN or ASPIRIN-containing products, VITAMIN E and NONSTEROIDAL ANTI-INFLAMMATORY AGENTS (such as MOTRIN or ADVIL) **2 WEEKS** prior to surgery. Aspirin and Vitamin E can increase bleeding. Avoid alcohol for 2 days before surgery and 7 to 10 days after surgery. You must stop smoking and/or using nicotine containing products **6 WEEKS** prior to surgery. Nicotine decrease oxygen to tissues and skin, thus delaying the healing process. You may be tested for nicotine peri-operatively.
2. You may receive prescriptions pre-operatively, please see the “medications” section for more information. Please fill these prescriptions and have them ready at home prior to your surgery.
3. Shower the night before or morning of surgery and do not apply any lotions or creams to the skin prior to surgery. Do not wear any makeup, jewelry or contact lenses to the operating room. On the day of surgery plan to wear dark, comfortable clothing (gym attire is appropriate) and flat, comfortable shoes.
4. Do not eat or drink anything after midnight the night before your surgery. You may take morning medications with a sip of water.
5. Since you will not be allowed to drive after surgery, be sure to make arrangement for someone to pick you up from the hospital when you are discharged.
6. Notify the office immediately of any signs of fever, cold or infection during the week prior to surgery.

Medications:

1. **Narcotic pain medication (Tramadol or Oxycodone)** - You will be taking this medication as prescribed only **as needed** to help decrease pain postoperatively. Only take this medication if your pain is not relieved with the ibuprofen and Tylenol.
2. **Advil (ibuprofen)** – You will be able to take 600-800mg every 8 hours in addition to narcotic pain medication, if not contraindicated (gastric ulcers, kidney failure, previous gastric bypass, etc.)
*Over the counter ibuprofen tablet is 200mg therefore 4 tablets=800mg. Do not exceed 2400 mg in 24 hours
3. **Tylenol (acetaminophen)** – You will be able to take 650mg every 6 hours in addition to ibuprofen and narcotic pain medication, if not contraindicated (liver disease, etc). Do not exceed 4000 mg in 24 hours

4. **Valium (Diazepam)** - This medication can be taken as prescribed on an **as needed basis** to help with anxiety and/or muscle spasms. **You may take 1 tablet the night before your scheduled surgery date.** *If you do not receive this medication then please disregard.
5. **Keflex (Cephalexin) / Clindamycin (Cleocin)** – If given antibiotics, begin taking your antibiotics the first postoperative night you return home. Take these medications as directed. *If you do not receive antibiotics please disregard.
6. **Phenergan (Promethazine) / Zofran (Ondansetron)** - Take this medication as prescribed on an as need basis to help decrease signs and symptoms of nausea/vomiting. *If you do not receive this prescription please disregard.
7. **Stool Softener** - The main complication associated with narcotic pain medication is constipation. We recommend taking Colace 100mg twice daily as well as Milk of Magnesia 15cc with each dose of pain medication until a bowel movement. This is just a recommendation. If you have a home regimen, please continue with this post operatively. If you have not had a bowel movement by postoperative day #5, take a stimulant laxative (ex: senna, dulcolax, fleet enema).

Post -Operative Guidelines:

ACTIVITY

1. We encourage you to walk regularly after surgery and take deep breaths. Taking deep breaths prevents post op lung problems. Early and frequent ambulation will prevent blood clots in your legs and decrease healing time.
2. You will want to sleep on your back with your head elevated for at least the first two weeks after surgery. This will help minimize swelling.
3. Avoid activities that make your pulse or heart race to prevent re-bleeding for 7 days. You can resume light exercise in one week and heavy exercise in 3 weeks. Rough sports are allowed 6 weeks after surgery but no contact sports are allowed for 6 months following surgery.
4. Driving is permitted when you are no longer taking narcotic pain medications and feel you can safely and comfortably maneuver the car.

DRESSINGS

1. After surgery you will have a nasal splint intact and you may have gauze placed underneath your nostrils. Leave the splint intact until your follow-up appointment. The nasal gauze can be removed in 48 hours. If the splint falls off, do not panic. You do not need to replace the splint. Leave the underlying steri-strips intact until your follow-up appointment. You may wear glasses on top of the nasal splint.
2. A small amount of bleeding is normal for 48 hours after surgery. The nasal gauze can be changed as needed during that time.

3. When your splint is removed, your nose and cheeks will be generally swollen and the tip may appear too high. These findings are temporary and are no cause for alarm
4. You may wash your face in 48 hours, avoiding the nasal area. You can shower as usual.
5. You can gently clean the interior of the nostrils in 48 hours. Mix ½ hydrogen peroxide with ½ water. Dip a cotton swab in the mixture and gently clean. Do not insert the cotton swab into your nose deeper than the tip.
6. Nasal splints are usually removed between post op day 5-10 at your first office visit. External sutures will be removed at that time also. You will have dissolvable sutures inside your nostrils.
7. To reduce swelling, you may apply cool compresses to the area for 20 minutes every hour. Do not apply ice or anything frozen directly to the skin.

General Information/Commonly Asked Questions:

8. Swelling and bruising of the cheeks and eyes are very common within the first 2 weeks after surgery.
9. You may experience nasal congestion after surgery. This is usually caused by swelling inside the nose. Do not blow your nose for 3 weeks after surgery. Blowing your nose will NOT alleviate the congestion and may cause additional swelling and bleeding.
10. You may use saline nasal spray as needed for dryness. Do not use any nasal decongestant sprays such as Afrin for at least 6 weeks post operatively. Nasal decongestant sprays can affect blood supply to the nose.
11. We recommend sneezing through your mouth, not your nose, for at least 3 weeks.
12. Pain medication may cause nausea, if you experience this take anti-nausea medication prior to taking pain medication and avoid taking on an empty stomach.
13. Generally you can return to work in 1-2 weeks after surgery.
14. Complete resolution of swelling, particularly in the tip area, will take 6 to 12 months.
15. When you call to make your follow-up appointment, please remind our staff of your surgery date and type of procedure so that you will be given a correct appointment date and time.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- A high fever, (over 101^º) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.
- Any pain that cannot be controlled by your pain medication.
- Bright red skin that is hot to the touch.
- Excessive bleeding or fluid seeping through the incisions.

If you have routine questions or concerns, please call the office at (864) 560.6717. In case of emergency, call 911.