

# INSTRUCTIONS TO PATIENTS FOLLOWING NASAL SURGERY

## I. Precautions to be observed following surgery:

### A. Activity

1. Sleep with head of the bed elevated approximately 30 degrees for 2 weeks.
2. Avoid striking nose or rolling on it while sleeping for 6 weeks.
3. Avoid straining, bending, lifting greater than or equal to 15 lbs., or nose blowing for 1 week.
4. Sneeze with your mouth open for 2 weeks.
5. Do not swim for 2 weeks. No diving for 6 weeks.
6. Apply cool compresses or iced bags to forehead and cheeks for 48 hours following surgery.

### B. Diet

1. Avoid hot liquids and alcoholic beverages for 1 week.
2. Avoid aspirin and aspirin products for 2 weeks.

### C. Hygiene

1. Nostrils may be cleaned with cotton applicators and hydrogen peroxide after the packing is removed.
2. Lubricate lips with chapstick or Vaseline as needed for mouth breathing.
3. Replace 2 x 2 gauze pads and tape as needed, i.e. when saturated.

### D. Precautions

1. Call the ENT Clinic, (408) 236-4570, if any of the following occur:
  - a. Excessive uncontrollable bleeding.
  - b. Oral temperature of greater than or equal to 101.5°F.
  - c. Injury to nose causing deformity or excessive bleeding.

## II. If the nasal bones have been broken, additional precautions are necessary.

A. Avoid getting direct sunlight on your nose and face for 6 weeks.

B. You may wash your hair the 3<sup>rd</sup> day following surgery by hanging your head backward into a sink.

Someone else should wash your hair. A handheld dryer may be used.

C. Do not wear glasses for 1 month.