

## **Nasal Surgery**

### **Before Your Surgery:**

- Do not take any aspirin, Advil or any medication containing aspirin for two weeks before and two weeks after your surgery. Drugs containing aspirin include: Anacin, Bufferin, Excedrin, Midol, Fiorinal, Percodan, Alka Seltzer and numerous others. Check with your pharmacist if you have questions about blood thinning medications.
- Wear comfortable, loose clothes and a button-up shirt the day of surgery.
- Do not wear any body lotion the day of surgery.
- No smoking, alcohol or Nicorette Gum for three weeks before and after surgery.
- Females: Stop birth control pills or estrogen replacement three weeks before surgery due to the increased risk of blood clots post-surgery.

### **After Your Surgery:**

- Swelling and bruising around the eyes are likely and may be worse the second morning after surgery. The white of your eyes may appear red.
- A small amount of bleeding from the nose occurs which will gradually stop. The nasal “drip pad” can be changed as needed. Hemorrhaging from the nose is not normal and is very rare. Should it occur, keep your head elevated and supply an ice compress to the side of the bleeding. Call the doctor immediately.
- You will have a splint on your nose immediately following surgery. This will be removed in 5 – 8 days after surgery. You will also have packing inside your nose which will be removed at your first post-operative visit generally 3 – 4 days after surgery. Do not remove the splint or packing yourself. Call the office if they become dislodged.

### **What To Do:**

- Do not use nasal sprays or drops.
- Sleep with your head elevated on two pillows or in a recliner.
- Do not blow your nose for three weeks after surgery.
- These stitches inside your nose will dissolve or fall out within three weeks following your surgery.
- Glasses may rest on the splint or be taped to your forehead after the splint is removed. Do not allow glasses to rest directly on your nose for 2 weeks after surgery.
- You may wash your face around the splint. Following removal of the splint, wash your nose gently with a mild soap and water.
- Avoid strenuous activities and exercise for three weeks. Body contact sports such as football or wrestling are prohibited until the doctor gives permission.
- Pain medication and antibiotics will be prescribed.
- The doctor will tell you after surgery when he would like to see you again for your first post-operative visit. Your packing will be removed at this visit. Please have someone drive you.

Sign: \_\_\_\_\_ Date: \_\_\_\_\_

Please review this information provided to help in the aid of prepping you pre & post operatively. The doctor and the doctor’s assistant will be at your pre-op to answer any questions