

**Associates in Ear, Nose, Throat & Facial Plastic Surgery, P.A.**

**Facial Plastic and Cosmetic Surgery • Electronystagmography  
Head and Neck Surgery • Pediatric Otolaryngology**

**NASAL SEPTAL SURGERY INSTRUCTIONS  
INSTRUCTIONS PRIOR TO SURGERY**

**NO ASPIRIN ONE WEEK PRIOR TO SURGERY**

- I. Please read and familiarize yourself with these instructions both **BEFORE** and **AFTER surgery**. By following them carefully, you will assist in obtaining the best possible result from your surgery. If questions arise, do not hesitate to communicate with us and discuss your questions at any time. Take this list to the hospital with you and begin observing these directions on the day of surgery
- II. You will report to the hospital according to the instructions given to you by our office. If you are to have surgery in the afternoon, do not eat anything or drink anything that morning or your surgery will be cancelled. In addition, if you have a cold, cough, or fever, we would prefer to delay the surgery until your health is improved.
- III. Please remove all jewelry including **all** body piercing.
- IV. Some patients are given prescribed medications to be taken as directed prior to surgery; medicine remaining should be taken as prescribed after you leave the hospital.

**INSTRUCTIONS FOLLOWING SURGERY**

- I. Every operation is accompanied by swelling of the surrounding tissues. This is usually greatest the second and third days after the operation. The largest amount of this will subside within a week. There are several things you can do for the first week which will help the swelling to subside.
  1. During the day stay upright as much as possible.
  2. Sleep with the head of the bed elevated with 2-3 pillows.
  3. Avoid bending over or lifting anything heavy.

## **INSTRUCTIONS FOLLOWING NASAL SEPTAL SURGERY AND SINUS SURGERY**

### I. Facial care:

1. Wash face gently with a mild soap and water twice daily after discharge from the hospital.
2. Men can begin shaving except the upper lip area as soon as desired.

### II. Nasal care:

1. Do not blow nose for one week and then you may blow both sides at the same time.
2. Avoid sneezing-if you have to sneeze, "sneeze" through your mouth.
3. During the first night after surgery you can expect that your nose will be stuffy because there may be packing in it. You will have a drip pad underneath the nose, which may have to be changed 7-8 times during the night because of bleeding. It is not unusual to see a lot of blood. You should be sleeping with your head up which will help the drainage to occur into your drip pad.
4. If you had nasal packing inserted at the time of surgery you will need to remove these packs on the first day after surgery or as directed by your doctor. The nasal packs are essentially tampons with strings which are attached to your nose or cheeks. Sit up leaning over a soup bowl and detach the tapes holding the strings. Very firmly and gently pull the strings down towards your lips which will remove the sponges and allow the sponges to fall into the soup bowl that is placed in front of you. Lean over and let the blood drip into the soup bowl until it clots and stops. This could take up to 15 minutes. Sit up and place a drip pad under your nose and use it as long as you have any dripping.
5. If you have packing, once removed you may rub the nostrils. Should the dressing stick to the nose you can loosen it with a few drops of peroxide.
6. Avoid "sniffing" if the nose feels blocked. This will only aggravate it because suction creates more swelling.
7. After leaving the hospital, the nostrils may be cleaned with a cotton applicator dipped in peroxide.
8. You may use salt water nasal spray (Ocean, Ayr, etc.) as tolerated to help clear crusts in nose. Inspire the salt water spray gently. The nose usually remains congested for 7-10 days after surgery.

### III. Other:

1. No swimming, gym or strenuous activity for one month. No diving or water skiing for two months. Avoid exertion.
2. Smoking and alcohol should be avoided for the first weeks post-operatively.
3. Continue medication you take home from the hospital as directed until the supply is exhausted.
4. It is wise not to pick up small children for two weeks after the operation as they can accidentally hit your nose.
5. REPORT:
  - a. Any rise in temperature over 102
  - b. Any injury to your nose.

**I have read and understand the above information. I have been given the opportunity to ask any questions regarding this surgery.**

**Signature:** \_\_\_\_\_

**Witness:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Date:** \_\_\_\_\_