

POST OPERATIVE INSTRUCTIONS

Nasal surgery

In addition to the general post operative instructions, please follow these specific instructions for your procedure.

1. **Ice Packs:** For three (3) days following surgery, you should apply ice packs at least 4 times daily to the eye and cheek area. Patients that have had Septoplasty procedures ***avoid direct pressure on the nasal bridge and bandages.***
2. **Dressing:** Keep mustache dressing on as long as you need it to absorb any drainage from the nose. It may be necessary to change your dressing every 20 minutes for the first 4-6 hours after surgery. If the dressing is saturated in 15 minutes or less, please notify the office.
3. **Bathing:** ***Do not get tape wet while bathing.*** Have someone help you wash your hair while you lean backwards in the sink. Protect your face and be careful not to bump your nose. You may shower. You may wash your face being careful to only cleanse the area surrounding the area around the nasal tape/splint.
4. **Movement:** Treat your nose with care. Avoid situations that may result in your nose being bumped. Keep your head above your heart. If you wear glasses, do not allow your glasses to touch the bridge of your nose. Apply tape to the bridge of your glasses then affix tape to your forehead to keep the glasses elevated and off the bridge of your nose.
5. **Blowing your Nose:** ***Do Not Blow Your Nose For 2 Weeks After Surgery!*** Any secretions in the nose should be drawn back and expectorated through the mouth. If you sneeze, keep your mouth open during the sneeze. After two weeks you may blow your nose gently when needed. If you absolutely have to sneeze, you need to irrigate your nose with salt water.
6. **Healing Process:** There is intranasal packing that will absorb. You will need to rinse and irrigate your nose with salt water two to four times per day. This will help the packing absorb. Internal nasal sutures are absorbable. It takes 6-8 weeks for the inside of the nose to heal.

If you have any questions, please call our office at (818)-888-7878