

Nasal Surgery

HOME CARE INSTRUCTIONS

- Drink plenty of fluids. This prevents dehydration and keeps your throat and nasal passages moist.
- Change the drip pad as needed. The drainage will slowly decrease over the next week.
- Leave the packing in until your physician removes it.
- Use a cool mist vaporizer if this provides relief.
- Avoid heavy lifting, stressful activities, and strenuous exercise for 2 weeks.
- Take your medication as directed.
- You must see your physician as scheduled to remove the packing.
- After nasal packing is removed, saline nose drops may be used to keep the nasal passages moist.
- **DO NOT** blow your nose. Sniff up and spit out if necessary.
- **DO NOT** pick at anything inside of your nasal passages.
- **DO NOT** use your nose to sneeze. Sneeze with your mouth open.
- **DO NOT** bend over for long periods of time.
- **DO NOT** drink alcohol.
- **DO NOT** drink very hot foods and/or beverages.
- **DO NOT** use aspirin, or products containing aspirin, for 2 weeks.

POSSIBLE SIDE EFFECTS

- You may feel drowsy and nauseated from the anesthesia.
- You will feel nasal blockage from the nasal package.
- You will be breathing through your mouth.
- Your throat may become dry and irritated.
- You may have minor nasal tip stiffness, swelling, and pain. Usually, there is no swelling or discoloration of the eyelids.
- There will be some nasal drainage. The color will start out red, slowly lighten to pink, and then turn clear.

CONTACT YOUR PHYSICIAN

- If there is excessive bleeding.
- If your pain does not decrease in 1-2 days.
- If you have a fever above 101.1° or if you have a low-grade fever for more than 3 days.
- If you have green-colored drainage.
- If you have any questions or concerns.