

After Care Instructions for Nasal Surgery

- Keep your head and shoulders elevated with at least 2 pillows when lying down to help keep swelling to a minimum. You may choose to sleep in a reclining chair.
- Apply ice bags with crushed ice to your eyes during the day for the first 48 to 72 hours. **DO NOT APPLY PRESSURE TO YOUR NOSE.**
- Take pain medication as directed. To avoid stomach upset, take all medication with food.
- You may have bloody drainage from your nose for the first 2 to 4 days; change the gauze pad under your nose as often as needed. **DO NOT RUB or BLOW YOUR NOSE.**
- To prevent bleeding after surgery, do not sniff or blow your nose for the first 2 weeks. Try not to sneeze through your nose, rather sneeze with your mouth open.
- You may irrigate each nostril with saline nasal spray (Ocean Spray) as needed, beginning 48 hours after surgery. Do not use medicated nose sprays unless instructed to do so.
- You may clean the edges of your nostrils to remove crusting. Use a Q-tip lubricated with bacitracin ointment. Be sure to be **GENTLE** with your actions/motions and **DO NOT PUSH** the Q-tip into your nostrils. Clean outside sutures with hydrogen peroxide daily until crusted blood is gone.
- You may start a regular diet the day after surgery. The day of surgery you will have liquids and soft foods. Avoid foods that require a lot of chewing (examples: corn on the cob and apples) for 2 weeks.
- While the splint is on your nose, you may have your hair washed salon style, sitting back in a chair. Take care to prevent the splint from getting wet.
- You may bathe in the tub (**NO SHOWER**), taking care not to get your nose wet until suture removal in 5 days.

JEFFREY S. POULTER M.D., FACS
PLASTIC SURGEON

- Should you experience excessive pain, nausea, temperature increase above 101 degrees or any injury to your nose, **CALL OUR OFFICE IMMEDIATELY** at (309) 663-1222. If it is after hours, please call Dr. Poulter's answering service at (309) 530-9136.
- If you have any questions or these instructions are unclear, please contact Dr. Poulter's office at (309) 633-1222.