

NASAL SURGERY POST-OP....continued

- ✓ Blowing the nose is prohibited after surgery because it can stimulate bleeding and compromise your final result. If you feel the urge to sneeze, sneeze with your mouth open, as this will minimize any disturbance of the nasal tissues.
- ✓ If you wear glasses, the nurse will need to instruct you on the use of alternate methods for suspension of the glasses. They must NOT rest on the nose for any more than a brief period of time within the first 3 to 4 weeks following surgery. It is also important to note that your glasses may need to be refitted because of alterations in the shape of the nose may change the resting place for the glasses.
- ✓ Exercise is prohibited for at least two weeks following surgery because of the possibility of nasal bleeding.
- ✓ The dressing must be kept dry or the external splint may be disrupted, again compromising your final result. Bathing is permitted but soaking the nasal area and dressing is to be avoided.
- ✓ Typically a light tape and plastic external nasal dressing is present after surgery along with surgical rubber splints, which have been placed inside the nose. Both the internal and external dressings are removed one week following surgery and arrangements for an office visit will be made prior to your leaving the surgical area.
- ✓ Sun avoidance for several months is important following surgery so as to avoid any excess sun damage to the nasal skin. If you anticipate outdoor activity, sunscreen is mandatory. A sun protection factor (SPF) of 15 or greater is advisable.
- ✓ We advise using SkinCeuticals Ultimate UV Defense SPF30, which can be purchased at our office, and **MUST** be worn for one year following your surgery. It is **strongly** suggested to continue the use of SkinCeuticals Ultimate UV Defense as a daily part of your regime.
- ✓ Airline travel should be limited in the immediate week following surgery so as to avoid any possibility of sinus blockage.
- ✓ Take your temperature twice a day.

Medications after Surgery:

- ✓ A prescription for pain medication will be given to you to take home. Most often Tylenol with Codeine is used for pain control in most cases. Obviously, driving a car or any potentially dangerous activity is to be avoided because the pain medication can alter your performance.
- ✓ Antibiotics are frequently prescribed after surgery. It is important that you take all of the medication prescribed even though you may feel well. Avoid taking pain medications and antibiotics at the same time as the combination may cause stomach upset. Try to eat when taking these medications to further reduce stomach irritation.
- ✓ *Moisturizers:* A small dab of Vaseline ointment or Aquaphor ointment can be placed just inside the nostril with a q-tip twice a day to minimize the amount of nasal crusting that occurs after surgery. Saline mist spray, which can be purchased at a drug store without a prescription, is also helpful in relieving the degree of nasal congestion. Use the spray at least several times per day.
- ✓ A q-tip moistened with hydrogen peroxide may be swabbed in the nose 2 to 3 times a day to reduce nasal crusting.