

## **GETTING READY FOR NASAL SURGERY**

**What to expect** - You can expect to have visible bruising and swelling for several weeks. You can expect to have drainage for a few days.

### **6 WEEKS BEFORE SURGERY**

Your surgeon may request abstinence from smoking and all tobacco products 6 weeks before and 6 weeks afterward. Failure to abstain from tobacco may result in your surgery being postponed or canceled as this complicates the healing process.

### **2 WEEKS BEFORE SURGERY**

**Medications** - Discontinue Aspirin and Aspirin-like products, Ibuprofen (Motrin), Naprosyn (Aleve), Vitamin E tablets and certain herbs like Ginko Bilolba, St. John's Wort, Ephedra. If you take other herbs or vitamins, please phone our office. You may take Tylenol (Acetaminophen) for pain relief at any time.

**Hospital Fees/Pre-admission appointment** - Any associated hospital fees are paid at the pre-admission appointment, which must occur prior to surgery, unless otherwise directed by your surgeon.

**Surgeons fees** - are due at this time unless otherwise covered by insurance.

### **BEFORE SURGERY**

**Diet** - Do not eat or drink after midnight the evening before surgery, unless otherwise directed by the anesthesiologist.

## **POST-OPERATIVE INSTRUCTIONS**

### **FIRST 24-48 HOURS AFTER SURGERY**

- Your greatest discomfort will occur the first 24-48 hours following surgery. During this time, take all medication as prescribed. It is helpful to take medication with crackers or toast to avoid nausea which may occur if taken on an empty stomach. Also, if you are given additional prescriptive medication by your surgeon, please take as directed.
- If you have a nasal splint, nasal packing or tape, do not remove unless otherwise instructed.
- Do not blow your nose!
- Ice packs should be kept gently around the nose the first 24 hours. A good trick is to use frozen peas in a 8-10 oz. plastic bag. These are fairly weightless and can be reused.
- You can expect swelling and bruising around the eyes and nose.

### **MEDICATION**

- Avoid Aspirin and Aspirin products for 2 weeks after surgery. Tylenol (Acetaminophen) can be taken. Please limit Acetaminophen to 4gm (4000 mg) in a 24 hour period.

### **DIET**

- Eat and drink easily digested foods such as Jell-O, ginger ale soups, etc. These are tolerated well the first 24 hours after surgery. If you are not nauseous you may resume your normal diet.
- Drink plenty of fluids and eat fruit and high fiber foods to avoid constipation.

### **HYGIENE**

- You may shower and wash your hair 24 hours after surgery, keeping your head tilted backwards.
- Avoid bending your head forward as much as possible.
- While taking pain medications always have someone assist you with bathing.

### **ACTIVITY**

- Do not blow your nose!
- Avoid bending your head forward as much as possible.
- Sleep: You may be more comfortable resting on 2-3 pillows. This will keep swelling and discomfort to a minimum.
- No driving until cleared by the doctor and you have not taken prescriptive pain medication for 24 hours.
- Check with your doctor before resuming jogging, aerobics or any vigorous exercise.
- You can return to work 10 days - 2 weeks post surgery.
- Refrain from smoking for 6 weeks as smoking retards the healing process.

## **WOUND CARE**

- If you have a nasal splint, nasal packing or tape, do not remove unless otherwise instructed.
- Do not blow your nose! If you have drainage blot it away gently with gauze and sit in a semi-reclining position. Be careful not to hit your nose when blotting.
- Do not push or pinch your nose in an effort to decrease drainage.
- If you have to sneeze, sneeze with your mouth open.
- Do not insert Kleenex or Q-tips into your nose to clean it. The surgeon will do this upon your return visit to the office. You will be instructed in home cleaning.
- Avoid getting the nasal dressing wet, clean your face gently with a face cloth.
- Check with your surgeon before wearing eyeglasses or sunglasses.

## **NOTIFY YOUR DOCTOR IF**

- If the drainage becomes profuse.
- You have a fever of 101 degrees or more which lasts for 24 hours or longer.
- You develop any excessive swelling, redness or warmth of incisions.
- You experience excess pain not responding to prescribed pain medication.
- You develop thick, odorous drainage or bleeding that doesn't subside.

© Center for Plastic Surgery | 3555 S. National, Springfield, MO 65807 |  
Office: (417) 875-3246 | Fax: (417) 875-3810 shh 01/06