

## MINOR NASAL SURGERY

Surgery Date: \_\_\_\_\_ Place: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

### **TWO WEEKS BEFORE SURGERY:**

1. Some medication interferes with anesthesia and cause undesirable side effects. Please read the enclosed medication information and let us know if you take any of them. Aspirin should not be taken 1 week before or after surgery. Tylenol is a good medication to take for any aches or pains you may have prior to surgery.
2. Smoking will affect how you heal. It is very important to stop smoking 2-3 months before your surgery.
3. If you develop a cold sore or any other illness prior to surgery, please notify us.
4. If you are having surgery as an outpatient, please be sure to have a responsible adult to drive you to and pick you up and to stay with you for the first 24 hours.

### **EVENING BEFORE SURGERY:**

1. Shampoo your hair and wash your face. Avoid conditioner or hair spray.
2. Make some jello and/or soup for after surgery. Get a good night's rest.
3. Do not eat or drink anything after midnight.

### **MORNIG OF SURGERY: Be at the Surgery Center/Hospital at: \_\_\_\_\_**

1. Do not eat or drink **anything** if your surgery is scheduled before noon. If your surgery is afternoon, you may have coffee or tea and dry toast no later than 6 hours before your scheduled surgery time.
2. Do not wear wigs, hairpins, hairpieces, or jewelry. Dress in loose-fitting clothes. **Do not wear pullover tops or panty hose.** Wear slip on shoes.
3. Have someone drive you to surgery and make certain a responsible adult will be available at home for 24 hours. Put a pillow and blanket in the car for trip home.

### **AT HOME AFTER SURGERY:**

1. After surgery it is best for you to go to bed with your head elevated on 2 pillows.
2. Apply ice as much as possible during the day for the first 8 hours to minimize the amount of swelling after surgery.

3. If you have pain, take the pain medication every 4 hours. It is best to take pain medication with crackers, jello, etc. If you have no pain, do not take the medication. Alcohol and pain medicine should not be taken together.
4. A light diet is best the day of surgery. Begin taking liquids slowly and advance.
5. You will probably have bloody nasal discharge for 1-2 days so change the drip pad under your nose as often as needed. Do not rub or blot your nose, as this will tend to irritate it. Discard drip pad when the drainage has stopped.
6. To prevent bleeding, do not sniff or blow your nose for the first 5 days after surgery. Try not to sneeze, but if you do, sneeze through your mouth.
7. While the nasal splint is on the outside or inside, you may shower normally the day after surgery. The cast or splints may get wet.
8. Keep the inside edges of your nostrils clean by using a Q-tip saturated with hydrogen peroxide. This will help prevent crusts from forming. You may advance the Q-tip into the nose as far as the cotton on the Q-tip but no further.

**GENERAL INFORMATION:**

1. Nasal cast, if used, will be removed 5-7 days after the surgery. After the cast is removed, the nose can be washed gently with soap and makeup can be applied.
2. The tip of the nose sometimes feels numb after nasal surgery and occasionally the front teeth will feel “funny”. These feelings will gradually disappear.
3. Most of the swelling will be resolve over time. Your nose may feel stiff when you smile. This will gradually return to normal.
4. Strenuous activity/heavy lifting greater than 25 lbs should be avoided 2-3 weeks.
5. Incisions will be sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 20 or greater for at least 6 months.
6. Please take all medication carefully and as directed.
7. If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.
8. If you develop a fever (oral temperature greater than 102, redness or increased pain at the surgical incisions, please call us immediately.

JBL/jbl