



Treatment of Ear, Nose & Throat Disorders • Facial Cosmetic, Plastic & Reconstructive Surgery
Skin Cancer Treatment • Treatment of Nasal & Sinus Allergies • Hearing Evaluation & Hearing Aids

Post Operative Instructions

Listed below are instructions for Post-Operative Care. The doctor will review these instructions with you before your procedure. You may print a copy for your own reference.

Post-Operative Nasal Surgery Instructions

For the First two (2) weeks after surgery:

The Do's

Sleep with your head up using 3 to 4 pillows.
Avoid all products containing aspirin or ibuprofen.

The Do Not's

Do not blow your nose. Sniff up and spit out if necessary.
Do not use your nose to sneeze. Open your mouth and sneeze.
Do not do extreme exercise or exertion.
Do not bend over for long periods of time.
Do not drink alcohol.
Do not eat or drink very hot foods and/or beverages.

Irrigation:

Make sure to follow these steps in the order specified.

1. Irrigate your nasal passages with a saline solution with bulb syringe 3 to 4 times a day. (Saline solution can be made by mixing 2 to 3 teaspoons of salt in a quart of water). 2. After 10 minutes use 2 to 3 squirts of saline antibiotic nasal spray* (as prescribed) in each nostril 3 to 4 times a day. 3. Use one squirt of Polysporin nasal ointment in each nostril after completing step 2.

Medications:

1. Be sure to take your antibiotics as prescribed. 2. Take your pain medication as necessary. (Usually NO more than 3 to 4 times a day.)

Note:

Some bloody oozing from the nose is not unusual. This will get less each day. Any loss of smell or taste should return in a few weeks.

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