

## **POST-OP INSTRUCTIONS FOR NASAL SEPTAL RECONSTRUCTION**

Every operation is accompanied by swelling of the surrounding tissues. This is usually greatest the second and third days after the operation. The largest amount of this will subside within a week. There are several things you can do for the first week which will help the swelling to subside.

1. During the day sit up as much as possible.
2. Sleep with the head of the bed elevated with two or three pillows.
3. Ice compresses (not an icebag) to the face and eyes, but not the nose, for 20 minutes every two hours during the day.
4. Avoid bending over or lifting anything heavy.

### **NASAL CARE:**

1. Take care not to bump the nose.
2. Do not blow nose for one week and then you may blow both sides at the same time.
3. Avoid sneezing-if you have to sneeze, "sneeze" through your mouth.
4. Your nose will be stuffy and you can expect blood tinged drainage for several days. You can wear a "moustache" dressing and change it three or four times a day, but do not rub nostrils or base of nose with Kleenex or handkerchief. Should the dressing stick to the nose, it may be loosened with a few drops of peroxide.
5. Avoid "sniffing" if the nose feels blocked. This will only aggravate it because the suction creates more swelling.
6. After one week the nostrils may be cleansed with a cotton applicator dipped in peroxide.

### **OTHER:**

1. Smoking and alcohol should be avoided until the bandage is removed.
2. Continue medications you take home from the hospital, as directed. Until the supply is exhausted.
3. It is wise not to pick up small children for two weeks after the operation, as they may accidentally hit your nose.
4. Report the following to your doctor:
  - a. Any excessive pain.
  - b. Any rise in temperature above 100 degrees.
  - c. Any injury to your nose.
5. You should make an appointment to be seen six to eight days from the day of the operation if it was not scheduled at the time surgery was scheduled. At that time the splints will be removed. This is not uncomfortable. No stitches have to be removed.

**If you have any questions or concerns, please call your doctor at (972) 414-0408. After hours or on weekends call the Physician's Answering Service (24 hours) at (214) 360-5534, or go to an emergency room, which is closest to you.**

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