

CHELSEA OBOURN MD
LAKESIDE
COSMETIC CENTER

NASAL SURGERY POST OPERATIVE INSTRUCTIONS

1. Following surgery, you will need with your head elevated for approximately 1 week. This will help with swelling.
2. There may be a drip pad placed under the nose after the surgery. This is to catch any drainage. You may change the drip pad as needed. It is normal to have quite a bit of oozing from the nose for the first 24 hours. Please call if you are having to change the drip pad more than every 15 minutes.
3. A dressing will also be placed in each nostril. Unless directed otherwise by the doctor, the dressing in each nostril should be removed 24 hours from the time of discharge. Be sure you are in a sitting position and in front of a mirror. Grasp the dressing between your thumb and index finger and gently pull. Repeat these instructions for the opposite side.
4. After you remove the dressings from each nostril, begin using over the counter nasal saline spray. Apply 2 sprays to each nostril 3-4 times per day.
5. There may be splints inside the nose and outside the nose. These will likely be removed at your follow-up visit in 1 week. The splint on the outside of the nose must remain dry, or it will fall off.
6. **DO NOT INSERT ANYTHING INTO THE NOSE** (beyond the saline spray). You may wipe or gently dab the nose with tissue if necessary. You may clean around the nostril area gently with a Q-tip and hydrogen peroxide as needed.
7. **DO NOT BLOW YOUR NOSE UNTIL INSTRUCTED OTHERWISE.**
8. Do not put ice or anything heavy directly on the nose. It may be helpful to place cool packs or frozen peas over the eyes and cheeks (do not place them directly on the skin).
9. Glasses **CANNOT** be worn directly on the splint. It is okay to tape them to your forehead if you must wear them. Contact may be worn 48 hours after surgery.
10. Begin taking your antibiotic as prescribed following your surgery. This medication should be taken with food or it can cause you to become nauseous.
11. No strenuous activity following surgery until instructed otherwise.
12. Do not drive if taking narcotic pain medication.
13. Avoid the sun, sunbathing, or sunlamps for 6 weeks following surgery. Heat may cause the nose to swell.
14. At your 1-week postoperative visit the outer splint will be removed. Please shower approximately 1 hour prior to your postoperative visit getting the entire splint wet. This helps to slide the splint off easily with no discomfort.

DON'T TAKE ANY CHANCES - If you are concerned about anything you consider significant, please call our office at **(585)905-3414**.