

# NASAL SURGERY

The following instructions are provided to assist you with planning your self care and recovery after your operation.

1. You must have a responsible adult accompany you home and stay with you overnight.
2. Plan on getting an adequate amount of rest for a few days following your operation. Return to normal activity gradually and return to work in 2-3 weeks. Avoid heavy lifting, active sports, long distance travel and flying for 3-4 weeks.
3. You are advised that you should not operate a motor vehicle, machinery, or perform any tasks requiring skill, co-ordination or judgment, or make any legal decisions within 24 hours after your operation.
4. Take all of your regular medications as you took them before your operation, unless instructed otherwise.
5. Resume your regular diet as tolerated. Do not drink any alcoholic beverages including beer and wine or use recreational drugs for 24 hours after your surgery.
6. It is important to have emptied your bladder (passed your urine) within 6 hours of returning home. If not, return to the Emergency Department of the nearest hospital.
7. Pain and discomfort is usually minimal. Take pain medications as prescribed. Try to avoid constipation by eating high fiber foods, drinking plenty of fluids and use a stool softener or mild laxative if needed. Your local pharmacist can be of assistance in choosing these products.
8. Follow instructions regarding nose drops and ointments if prescribed. Recipe for nose drops: ½ tsp. sea salt dissolved in 1 cup warm water or you may use saline nasal mist 3-4 times daily.
9. You will be given instructions on how to have your nasal packing removed if applicable. After nasal packing is removed you may shower.
10. You may have a protective splint; leave on until you are seen by a doctor. Re-tape as necessary after several hours. Keep dry until splint has been removed.
11. You can expect a dry mouth and a sore throat due to the surgery and mouth breathing. A "cold steam" vaporizer by your bedside and frequent rinsing of your mouth with mouthwash or salt water will relieve these symptoms.
12. Avoid blowing nose for 3 days then blow **gently** only.

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13. You can expect some swelling of the nose and an uncomfortable feeling of nasal stuffiness. Do not be alarmed as this will subside when the nasal packing is removed and swelling decreases.
14. Keep your head elevated. Use two pillows when lying down.
15. There may be some bleeding through the nose. Change the nasal dressing as necessary and as instructed. If bleeding is excessive and persists, recline, apply pressure to nose and apply ice pack. The bleeding should decrease.
16. Continue with sea salt and water flushes twice a day in each nostril until you see your doctor in 2 weeks.
17. Contact your Doctor or seek medical attention if any of the following occurs:
  - Signs of infection, including fever and chills
  - Redness, swelling, increasing pain, excessive bleeding, or discharge at the incision site.
  - Cough, shortness of breath, chest pain
  - Pain that you cannot control with the medication that you have been given.
  - Nausea and/or vomiting that you cannot control or which persist for more than two days after your surgery.
  - Pain and/or swelling in your feet, calves or legs.

If you have any concerns:

- ... call your surgeon/doctor,
- ... or call Telehealth 1-866-797-0000
- ... or come to the Emergency Department at Georgian Bay General Hospital

15. The day after your surgery call your Surgeon's office to schedule a follow up appointment for 2 weeks.

Specific Instructions:

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