



IRA PAPEL, MD
THEDA KONTIS, MD
EMILE BROWN, MD

AESTHETIC CENTER AT WOODHOLME

Nasal Surgery Post-operative Instructions

Instructions: Begin Day of Surgery

1. Limit activity to bed rest with bathroom privileges **the day of surgery.**
2. Apply ice compresses for 24-48 hours. Keep ice on as much as you can tolerate.
3. Sleep with your head elevated at least 30 degrees (2-3 pillows) for **1 week.** This helps to decrease swelling, bruising and discomfort.
4. Regular diet as tolerated. Alcohol should be avoided for 1 week after surgery.
5. **NOTE: Swelling usually peaks 2-3 days after surgery.**
6. **Keep splint and tape on top of nose dry.**
7. Change drip pad as needed. Expect your nose to drip and ooze blood for several days. If bleeding persists, please notify your Physician.
8. **No nose blowing.** You may sniff back to clear your nose after spraying saline solution. Sneeze with your mouth open.
9. **Nasal saline spray: 2 sprays to each nostril a minimum of every 2 hours while awake. *You may use it more frequently if needed or desired.** *The more you keep your nose moist, the less you will experience crusting inside your nose. Crusting contributes to post-operative discomfort and nasal obstruction. If your nose becomes completely blocked use a cool mist humidifier.
10. Clean inside nostril edges with a Q-tip moistened with sodium chloride and peroxide solution to remove any dried blood, then apply bacitracin ointment. **Do not put Q-tip up nose deeper than the white cotton part of the Q-tip.**

Days 2-7:

- Activity level:
 - You should be up and walking around the house after 24 hours.
 - No exercising, or activity that will increase your heart rate or blood pressure, no bending over or lifting over **20 lbs** for **2 weeks.**
 - Do not return to exercise until approved by your physician.
- If you have a suture line on your nose or ear: Beginning Day 2 - clean suture lines with the 0.9% sodium chloride, hydrogen peroxide 50/50 solution given using Q-tips, then apply Bacitracin ointment. Repeat 2-3 times a day until your next office visit. Suture lines do not need to be covered by a dressing.
- **You must keep your nose, splint, and tape dry until your post-op visit.**



You may NOT take a shower until after your first post op visit, baths only. Do not get your face wet.

- **Post-op Visit:** Tapes, splints, and any sutures will be removed at the office during your postoperative visit.

Call the office at (410) 486-3400 if you experience: increased pain, swelling, redness at surgical sites, pus draining from wound, fever above 101.5F or excessive bleeding.

Return to office for follow-up appointment on: Date: _____ Time: _____

___Postoperative instructions have been reviewed with me.

___I have received a copy of these instructions.

Nurse

Physician

Patient or responsible party

Relationship to patient

Rev: 3/2/21

To view video for postoperative instructions, go to www.facial-plasticsurgery.com and select patient resources tab.