



TUSCALOOSA

EAR NOSE & THROAT

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EAR, NOSE & THROAT
HEAD & NECK SURGERY
FACIAL PLASTIC SURGERY
UPPER RESPIRATORY ALLERGY
NEUROTOLOGY

NASAL SURGERY INSTRUCTIONS

These instructions are designed to help patients understand what to expect and what to do before and after nasal surgery. We hope this sheet will answer many of your questions. If you have further questions, you may call our office and one of our nurses may be able to help you. If not, she will ask your doctor to return your call or she may instruct you to come to the office to see him.

BEFORE SURGERY:

1. You will need to come to our office for a pre-operative exam and review of your planned surgery. This is usually done a few days before surgery,
2. Patients should **not take aspirin, Advil, Motrin, Aleve, Goody Powder or many other types of arthritis pain medicines** (a longer list of these medicines will be given to you) for 2 weeks prior to surgery. These types of pain medicines have a “blood thinning” side-effect which may cause **severe bleeding** after surgery.
3. You **may take Tylenol (acetaminophen, Codeine, Darvocet, Tylox, or Lortab)** before surgery because these medicines do not affect bleeding.
4. Please **bring all of your regular medicines with you to your pre-operative visit.**
5. Notify our office if you (the patient) become ill before surgery.

AFTER SURGERY:

1. Usually soft, flexible, plastic **splints** are placed into each nostril at the time of surgery. The splints are to help line up structures inside the nose during the healing process, much like a splint or cast is placed on a broken bone to help line up the way it heals. The splints will stay in usually 10 to 14 days. While the splints are in, the **nose will feel stuffy/ congested** but, usually not very painful.
2. **Pain medicine will be prescribed for you.** The pain medicine can help you rest even if you don't have much pain.
3. Please keep your **head elevated when lying down to sleep or rest.** Use extra pillows or rest in a recliner chair. This will help reduce the amount of swelling in the nose after surgery.

4. Expect some **bloody mucous drainage** from the front of the nose and down the back of your throat for the first 2 or 3 days. You will be given some gauze pads to keep taped under your nose to collect that drainage.
5. Usually, patients are given **antibiotics** to take for the first week or so after surgery.
6. Please call our office for **fever** higher than 101.5 degrees F orally (or 102.5 rectally) or if you feel you have an unusual amount of drainage.
7. You may **gently clean the front of the inside of your nose, around the splints**, with hydrogen peroxide on Q-tips and/or by squirting nasal saline spray into each nostril. The spray can be purchased at most drug stores. **Saline nose drops** may be used to loosen bloody crusts and clean nose as well.
8. A **cool mist humidifier** used by the bedside can help moisten the air you breathe and reduce throat irritation.
9. Please put a small amount of **Polysporin** ointment with a Q - tip into the front of your nose to help prevent bloody crusting/scabbing around the splints.