



2961 Summit Street • Oakland, CA 94609  
T: 510-465-0941 F: 510-271-4135

## Post Operative Instructions for Nasal Surgery

### Expected Signs and Symptoms

- Expect to be slow and tired the first week
- Expect nasal congestion from swelling
- Expect nasal secretions to become somewhat dry and crusty
- Expect bloody nasal secretions for several days
- Expect some tenderness for up to 6 weeks
- You may have a low grade fever, up to 100° F for several days

### Unexpected Signs and Symptoms

Report to our office if you have any of these

- Persistent fever over 100° F
- Any flow of bright red blood or clots
- Any signs of infection
  - Sudden increase in pain or swelling around ear
  - Foul smelling drainage from ear
  - Localized heat or redness

### Activities

- No strenuous physical activity for 2 weeks
- Week One: Stay indoors and avoid activity that involves lifting or bending
- You should plan to take daily naps
- You may go out for short periods, but rest when fatigued

### Diet

- There are no dietary restrictions but be sure to drink plenty of fluids

## Post Operative Nasal Care

- After surgery, packing will be placed into each nostril until removed. You will have to breathe through the mouth. There will be nasal congestion until intranasal splints are removed at your first office visit.
- Take your temperature twice a day for the first week
- If sneezing develops, sneeze with your mouth open. Do not hold in your sneeze.
- Accumulated nasal secretions can be gently wiped away or you may lightly blow your nose when obstructed
- No bandages under nose will be required
- Extra care should be taken to avoid bumping the nose:
  - Wear loose fitting clothing
  - Be careful around small children who could accidentally bump nose
- External nose may be sensitive to sunlight for several months. Wear hats or sunscreen.
- To soften nasal secretions:
  - *Neosporin or Bacitracin Ointment* – gently apply into each nostril 3-4 times a day. Then lean head back and allow ointment to melt at body temperature.
  - *Normal Saline Solution* – you may use a commercially prepared solution or make your own by mixing ¼ tsp. table salt in 1 cup warm water. Instill a small amount several times daily by dropper, spoon, or sniffing from palm of hand.

## External Splint Care

- If surgery requires an external splint, it must be kept dry. It will be removed one week after surgery in the office. Splint may feel loose as swelling reduces.
- Ice packs for the first 48 hours may help reduce pain and swelling. The packs should be dry and not heavy.