

Nasal Surgery

Post-operative Instructions

You or your family member has had an important procedure to help you breathe better and improve your quality of life. Depending your particular problems, you may have had procedures to straighten your nasal septum, improve the breathing passages, or open the sinuses. Please follow our instructions so that together, we have the best outcome possible.

1. Expect to have some bloody oozing out the front of your nose or down the back of your throat.
2. No heavy lifting or straining, or general physical exertion.
3. Do not blow your nose.
4. Sneeze with your mouth open
5. Change the gauze pad as needed.
6. Notify the office if bleeding is excessive.
7. Take any antibiotics or other medications as prescribed.
8. You may take Tylenol and Motrin as needed for pain. You may alternate.
9. Take prescribed narcotics only as needed. Generally the lowest possible dose is the safest.
10. We do not use gauze packing. We use dissolvable material. You will be seen in the office for planned after-care.

Nasal Surgery After-Care

1. Dissolvable material is usually placed and will be removed gently in the office on several occasions. The first appointment will be made by our surgery scheduling staff. Subsequent visits will be planned with your surgeon.
2. After the first cleaning procedure, you will be asked to irrigate your nose with Neilmed Sinus Rinse twice a day. You may see clots, debris, or other material coming out of your nose. This is normal! You do not need to worry.
3. Use Nasal Saline Gel twice daily (Nasogel is widely available and inexpensive).
4. Apply Bacitracin ointment twice daily to the inside of your nostrils.
5. A facial humidifier or vaporizer is comfortable and soothing, and this may be used at any time after surgery as often as you like.
6. Please call the office if you have any other questions or concerns.

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