



Advocate Medical Group

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Discharge Instructions Post- Operative Nasal Surgery Dr. Thomas Kelly

- For 10 days prior to surgery and 7 days following surgery, do not take an aspirin or aspirin products, including Alka-Seltzer, Aspergum, Ibruprofen, Advil or Motrin. Tylenol is permitted. Please call your pharmacist with any questions.
- Take your prescribed pain medication as directed following surgery as needed.
- Tooth tenderness, lip /cheek pain/numbness and headache are common.
- Start with clear liquids and advance to a soft diet, then a regular diet as tolerated. Drink plenty of fluids, about 8-10 glasses daily.
- Keep your head elevated 20-40 degrees using extra pillows (2-3) or you may sleep in a recliner.
- Using a vaporizer by your bed at night along with Vaseline and ice chips at the bedside may help relieve nasal and oral dryness while nasal packs are in place.
- It's normal to have some nasal drainage/bleeding. Wear a "mustache dressing" during this time and change it as needed. You may remove the dressing while eating. It's not uncommon to change the dressing 8-10 times during the first 12 hours following surgery.
- If the dressing becomes saturated with blood and needs to be changed more than 5 times in one hour, or there is a constant trickle of blood down the back of the throat, use 2-3 puffs of Afrin and call your doctor immediately. (309) 268-3200.
- You will have a string tied in a knot under your nose. This string may become tight and start to cut into the skin of your nostril. If this happens, gently pull the knot/strings forward in order to lessen the tension. This should relieve the pressure at the end of the nose. If this does not help please call the office (309) 268-3200.
- **DO NOT CUT STRINGS.**
- Clean the outer part of each nostril and stitches under your nose gently, by soaking a Q-tip with hydrogen peroxide. If ointment is prescribed, use it on these areas 3 times daily with each dressing change.

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- You have an appointment set up for post op removal of packing 3-5 days after surgery. If possible, someone should come with you.
- Use saline spray (Ocean Spray) 6-10 times daily to keep nose moist starting the day nasal packs and stents are removed.
- Begin nasal steroid spray as directed once packs are removed
- Start irrigating your nose **after packing is removed** with Neilmed saline rinses 1-4 times daily.
- Swelling of the nose and nasal congestion is normal.
- No nose blowing for 1 week following surgery and do not rub your nose for 6 weeks. You may blot the nose gently with a tissue.
- Sneeze through your mouth for one week following surgery.
- Avoid nose trauma: no balls, dogs, children, contact sports, etc. Do not lift heavy objects, strain, participate in vigorous activities or exercise for 2 weeks following surgery.
- If you have heavy bleeding, foul smelling drainage, double vision, severe pain or headache, mental status change, severe facial swelling or if you have any questions or concerns, please call the office at (309) 268-3200 or go to the emergency room immediately.

Supplies to have at home prior to surgery:

Afrin
Ocean Nasal Spray
Neil Med saline rinse
Gauze pads and tape
Vaporizer

Dr. Thomas C. Kelly M.D.
Office Number (309) 268-3200

