



FARMINGTON
EAR, NOSE & THROAT



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POSTOPERATIVE INSTRUCTIONS FOR NASAL SURGERY

The following are instructions for patient who have undergone nasal surgery such as nasal fracture reduction, rhinoplasty, septoplasty, etc. Please refer to this sheet and if it does not satisfactorily answer your questions do not hesitate to call my office at any time.

- Keep the head of your bed elevated. Sleep on your back and avoid any positions that might put pressure on your nose.
- Refrain from any lifting, bending, stooping or vigorous activity. Avoid any activity in which your nose could be inadvertently bumped.
- If an external splint was applied to the nose, do not disturb or remove this. It maintains the reduced position of the nose and stabilizes the nose during healing. It will be removed by the physician at the time of your appointment, seven to ten days after surgery.
- **DO NOT** blow your nose. A dressing may be placed under your nose to absorb discharge. Blood tinged mucosa for 3-5 days after the procedure is normal.
- Your mouth may become dry because you cannot breathe through your nose.
- Drink plenty of fluids to relieve dryness. A humidifier is sometimes helpful.
- You should eat a soft diet for 1 week after the surgery. Avoid any foods that would require vigorous chewing.
- You may experience some swelling and bruising around the eyes and face which will gradually subside. Call the office if excessive pain, swelling, bleeding or fever develop. **Do not drive if taking any narcotic for pain or medication for dizziness in the post op period or after any treatments. The patient fully understands this warning.**

Please call the office if you have any problems or questions. After hours you can reach me through the hospital 573-756-6451.