

*Robert W. Sheffield, M.D.
Adam D. Lowenstein, M.D.
Aesthetic Plastic and Reconstructive Surgery
1110 Coast Village Circle
Santa Barbara, California 93108
805/969-9004*

NASAL SURGERY POST-OP INSTRUCTIONS

1. You must have a responsible adult drive you to the office on the day of surgery, drive you home after surgery and care for you for 24-48 hours after surgery.
2. Bed rest with at least 2-3 pillows under your head for the first 48 hours.
3. You may go to the bathroom with assistance as needed.
4. Take medications according to instructions on bottles. If you are taking pain medications that make you feel drowsy, have someone else give you your medications according to the proper time intervals. Under such circumstances you could forget and take them too often.
5. The period of greatest discomfort does not usually last more than 24-48 hours. Thereafter, you may find you need your pain medication less frequently.
6. Stay on a soft diet requiring little or no chewing. Drink lots of liquids, a least 8 glasses per day. Avoid very hot foods and liquids.
7. No hot or warm compresses.

You can expect the following:

1. Moderate discomfort - use pain medication as prescribed.
2. Swelling with black and blue discoloration around eyes - sometimes more on the second or third day after surgery.
3. Blood shot eyes.
4. Light nosebleed for about 24 hours. Change "drip pad" gauze under the nose as needed.

Call the office if you have any of the following:

1. Severe pain not responding to the pain medication.
2. Profuse bleeding (soaking more than 5 "drip pads" per hour for more than four hours).
3. Other questions or problems.

Additional Instructions:

1. No smoking for 7 days after surgery because it irritates the lining of the nose and causes coughing, both of which could bring on a late nosebleed.

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2. Do not do any heaving lifting for four weeks after surgery.
3. Do not lean over with your head lower than your chest as this causes pressure around the nose and can cause bleeding.
4. You may bathe or shower the first day after surgery.
5. You may wash your hair the day after surgery providing you have someone help you wash it in the face-up position. Don't get your external splint wet (if you have one). Dry with towel or cool dryer. Do not sit under a hot dryer. You may set your hair with hot rollers.
6. Restrict talking and walking to a minimum for the first week following surgery.
7. Do not blow your nose for 2 weeks following surgery. After the first week you may gently cleanse your nostrils with a moist Q-tip.
8. You may use Afrin Nasal Spray not to exceed 3 times per day during the first week only.
9. You may have internal and/or external splints and packing in the nose.
10. You may wear make-up providing it does not interfere with the splint or tape.
11. If you happen to sneeze or cough, keep your mouth open to avoid excessive nasal pressure.
12. Avoid prolonged exposure to the sun and/or heat for several months to prevent prolonged swelling.
13. No sports or strenuous activities for 4 weeks following surgery, including exercise walking.
14. Use sunblock because the surgical areas can become hyperpigmented from sun exposure.

Follow up visits:

1st Visit: Usually the first day after surgery at which time your internal packing will be removed.

2nd Visit: 1 week after surgery. The external and/or internal splints will be removed at this time.

Subsequent visits will be determined by Dr. Sheffield/Dr. Lowenstein. Postoperative photographs must be taken during one of these visits.