

NOSE SURGERY INSTRUCTIONS

BEFORE YOUR SURGERY:

Preliminary:

1. Since aspirin and ibuprofen can cause increased bleeding in some people, it is important to avoid medicines which contain these substances for at least 2 weeks before and 2 weeks after surgery. Common medications to avoid include: Advil, AlkaSeltzer, Anacin, Ascriptin, Bufferin, Cheracol, Cope, Coricidin, Darvon Compound, Dristan, Empirin, Excedrin, Fiorinal, Indocin, Medipren, Midol, Motrin, Nuprin, Sine-Aid, Percodan, Stendin, Triaminicin, Vanquish and MANY OTHERS. If in doubt about what you are taking, PLEASE CHECK WITH YOUR PHYSICIAN OR PHARMACIST. It may be necessary to cancel your surgical procedure if medications containing aspirin or ibuprofen have been taken.
2. We request that smokers stop smoking and eliminate exposure to tobacco smoke for 1 week before and 1 week after surgery. Smoking irritates nasal passages and causes coughing which might bring on a nose bleed several days after your operation.
3. Report any sign of a cold, infection, boils or pustules appearing before surgery.
4. Arrange for someone to drive you to your home or where you are staying after surgery. Taxi and/or public transportation are not acceptable. You must have someone stay with you for 24 hours following surgery. Arrange for someone to take over home responsibilities including care of children the day of surgery and for 3 days after surgery.

THE NIGHT BEFORE SURGERY:

1. Wash your face with a mild soap. Do not put cream on your face afterwards.
2. Shampoo your hair the evening before surgery. Take a shower or bath the night before or the morning of surgery.

THE DAY OF SURGERY:

1. Do not apply cosmetics to your face or eyes. Do not apply false eyelashes.
2. Brush your teeth thoroughly and use mouthwash before coming to the clinic.
3. Do not have anything to eat for six hours before surgery. You may drink small sips of water up to three hours before surgery.
4. Please do not wear any jewelry except wedding rings.
5. Do not take medications of any kind. Your preoperative medications will be given to you upon your arrival.
6. Wear loose, comfortable clothing which does not have to be pulled over your head.
7. You must have someone drive you after surgery. Upon arrival at the clinic, give your driver's name and phone number as well as the address and phone number where you will be the night after surgery.
8. You must have someone spend the first night with you. Additional instructions and prescriptions can be given to the person caring for you. Such prescriptions should be filled promptly.
9. You are not to drive or operate any mechanical tool or device following surgery because of the possible lingering effects of medication.
10. If you have any questions before your operation, please call our office weekdays between 9:00AM and 5:00PM.

AFTER YOUR SURGERY:

1. Your appointment for your first post-operative visit will be made for you before you leave the clinic.
2. Bed-rest with two pillows for 24 hours.
3. You may go to the bathroom with assistance as needed.
4. Take medication according to the instructions on the bottle. If taking strong narcotics or if pain medication makes you feel "spacey" or drowsy, have someone else give you your medicines according to the proper time intervals. Under such circumstances, you could forget and take them too often.
5. Your diet should consist mainly of liquids and soft foods.
6. No Hot or warm compresses. Use only cold compresses for eyes consisting of gauze pads or a clean wash cloth soaked in plain tap water. These should be applied for the first 24 hours for comfort and to reduce swelling. Apply for 20-30 minutes, 4x/day.
7. You can expect:
 - An initial nose bleed for up to 24-hours, so change the "drip pad" gauze under your nose as needed.
 - Moderate discomfort. Use pain medicine. See #4 above.
 - Swelling and black and blue around your eyes. Sometimes more appears on the second or third day after surgery than on the first.
 - Bloodshot eyes
8. Call (425) 228-3187 if you have:
 - Severe pain not responding to medication
 - Prolonged, profuse bleeding soaking more than 5 drip pads per hour after 4 hours
 - If any other questions or problems arise
9. During the first week following surgery:
 - Restrict talking and walking to a minimum
 - Avoid lots of visitors
 - Do not bend your head down
 - Do not strain or do anything which requires significant effort
10. 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 nose bleed.
11. No alcohol for 4 days following surgery or while taking pain medication.
12. No nose drops for 10 days after surgery.
13. Do not blow your nose for two weeks after surgery. After the first week you may gently cleanse inside your nose with a moist Q-Tip.
14. You may wash your hair on the third day after surgery (not counting the day of surgery) providing you have someone to help you wash it in the face-up position. Do not bend your head forward. You may blow dry your hair with a warm hand-held dryer or sit under a cool dryer.
15. You may wear makeup providing it does not interfere with the splint or tapes.
16. If you happen to sneeze, it usually causes no harm.
17. Avoid sports and other strenuous activities for 3 weeks. Body contact sports should be restricted for 2 months.
18. Avoid prolonged exposure to the sun and/ or heat for 3 months to prevent prolonged swelling.
19. Report any adverse reaction to medications or unusual symptoms to our office.
20. Feel free to call upon us at any time. We want you to be as comfortable as possible during your healing period.