



NASAL SURGERY DISCHARGE INSTRUCTIONS

FOLLOW UP CARE

- Bleeding from the nose is common. A nasal drip pad with gauze will be applied after surgery for comfort. Bleeding should decrease throughout the first day.
- Black and blue eyes and swelling are normal and usually resolves within 2 weeks
- Avoid damage/trauma to the nose
- If you are involved in sports activities you must wear a protective mask
- If you have a splint, do not dislodge or remove, it may loosen or fall off prior to your follow up appointment. **DO NOT ATTEMPT TO PUT BACK ON.** Call the office.
- If your eyes feel itchy or dry, you may use saline eye drops
- Do NOT blow your nose, let drainage drip on to nasal drip pad
- Sneeze with your mouth open
- If a follow up appointment was not made the day of surgery, please call the office to make one

ACTIVITY

- Do not drive for 24 hours
- Bed rest for 24 hours, do NOT lie flat
- Do NOT shower for 24 hours
- Cold compresses for 24-48 hours
- After 48 hours, warm, wet washcloths
- Avoid vigorous activity or heavy lifting for 2 weeks
- Do NOT wear sunglasses or eyeglasses until cleared by Dr. Harvey

DIET

- Resume previous diet as tolerated

MEDICATIONS

- Prescription (s) will be sent with you. Use as directed.
- See PAIN CONTROL sheet for additional instructions

PROBLEMS TO WATCH FOR

- Fever over 101.4
- Increased swelling, redness and/or heat at operative site

Call Dr. Harvey with ANY problems that concern you: Phone # (843)722-1985. If you need immediate attention, go to the nearest Emergency Department.

I have read, been read, and verbally repeated back instructions and understand them. A copy has been given to me.

Patient/Responsible Party

Nurse Signature