

Cosmetic Surgery Associates of New York

NASAL SURGERY POSTOPERATIVE INSTRUCTIONS

Below are general guidelines for patients undergoing nasal surgery. Each patient is different and each procedure is unique to that patient. All aspects of your postoperative care will be discussed with you and modified to your particular case.

1) Please have someone available to drive you home from the office and remain with you the first night after surgery. You do not need medical care, only "TLC."

2) Swelling, bruising and discoloration of variable degree are normal. Swelling typically increases for 48 hours and then subsides over the next 10-14 days. Depending on the nasal surgery technique used, it may take several months for all the nasal swelling to resolve.

3) Upon returning home, go to bed with your head on two pillows. Avoid blowing your nose, coughing, and straining. Keep your head elevated at least on 2 pillows. You'll find that your nose will be much less swollen in the morning having kept your head up than if you were flat. The higher you keep your head above the level of your heart, the less the swelling.

4) It is normal to have a small amount of bleeding from the nose for several days after surgery. You may have to change the gauze pad under the nose if this occurs.

5) Do not bend forward from the waist or look down. Eat and drink lightly the first 24 hours; avoid alcoholic beverages for 3 days.

6) Although you have been given a prescription for pain medication, you may only need regular Tylenol, and should try it first. If your stomach becomes irritated or upset, stop all medications. You may take Dramamine® (no prescription needed) to help any nausea.

7) If you sneeze, open your mouth for decompression.

8) **Do NOT put anything up your nose (not even sterile Q-tips).**

11) Your splint will be removed about one week after surgery. Keep it dry until then. Prior to its removal, eyeglasses may be worn directly over it. It is OK to shower after 24 hours after your operation. Try to keep your nose and any dressings/splints on your nose as dry as possible.

10) **You can drive yourself when you feel it's safe and comfortable.** If you feel a little stiff, you may have difficulty doing the things you need to do when driving. Play it safe and use your own judgment. You cannot drive if you require pain medications other than Tylenol.

11) A leisurely walk and resuming normal activities is OK as soon as you feel up to it. You may resume your normal workout schedule three weeks after surgery.

12) In the event of a nosebleed after surgery, sit up quietly, tilt your head slightly backwards and call the office if the bleeding does not subside after 10 minutes in this position.

13) **Call immediately if you experience any of the following: Fever > 101.0, shakes and chills, severe unrelieved pain, bright red blood from the incision site or sudden onset of significant swelling.**

**FOR ROUTINE QUESTIONS, CALL THE OFFICE WEEKDAYS BETWEEN
9 AND 5. FOR AN EMERGENCY, TELEPHONE ANYTIME, 914-761-8667**