



MARYLAND ENT ASSOCIATES

EAR • NOSE • THROAT

FACIAL PLASTIC SURGERY

Proudly Part of Privia Health

## NASAL SURGERY HOME CARE INSTRUCTIONS

- Drink a lot of fluids. This prevents dehydration and keeps your throat moist.
- Change the drip pad as needed. The drainage will slowly decrease over the next week.
- Leave the packing in until your physician removes it.
- **DO NOT** bump the packing or dressing.
- Sneeze with your mouth open.
- **DO NOT** blow your nose for two weeks.
- **DO NOT** use aspirin, ibuprofen or products containing aspirin or ibuprofen for two weeks.
- Avoid exposing sensitive nasal tissue to the sun.
- After nasal packing is removed, saline nose drops may be used to keep the nasal passages moist.
- Use a cool mist vaporizer.
- Take your medication as directed.
- Avoid heavy lifting, stressful activities and sports for 2 weeks.
- Remain home from school or work for 2 days, or as directed by your physician. A written excuse will be provided if needed.
- You must see your physician as scheduled to remove the packing.

Appointment: \_\_\_\_\_

## POSSIBLE SIDE EFFECTS

- You will feel nasal blockage from the nasal packing.
- You will be breathing through your mouth.
- Your throat may become dry and irritated.
- You may have minor nasal tip stiffness, swelling and pain. Usually there is no swelling or discoloration of the eyelids.
- There will be some nasal drainage. The color will start out red and then slowly lighten to pink and then to clear. The amount of drainage will also decrease.

## CONTACT YOUR PHYSICIAN

- If there is excessive bleeding.
- If your pain does not decrease in 1 to 2 days.
- If you have a fever above 101.1° or if you have a low fever for more than 3 days.
- If you have any questions.

**301-989-2300** If you call after normal office hours please follow the instructions on the recording. A physician will be contacted to return your call.

Comments: \_\_\_\_\_