

## Post-Operative Instructions for Nasal Surgery

1. Take it easy for the rest of the day. No tub baths, showers or swimming on the day of discharge.
2. Elevate the head at all times. Sit in a recliner or use two to three pillows when sleeping. Head elevation reduces bleeding and swelling.
3. Do not drive or operate machinery for 24 hours. Do not engage in any strenuous activity, such as heavy lifting or exercise, for a period of at least two weeks.
4. Do not bend over. Bending increases the pressure around the surgical area and may cause bleeding. Keep the head elevated at all times.
5. Do not remove splints or packing. You may have to breathe from your mouth if the splints are occluded with mucous or clots. This may cause a dry mouth. Therefore, it is important to drink plenty of fluids.
6. Bleeding is expected for two to three days after surgery. Just change the drip pad as needed. It is not necessary to wear the drip pad during the entire post-op duration.
7. If you must sneeze, do so with your mouth open. Also, do not blow your nose. If excessive bleeding occurs, spray your nose with Afrin®.
8. Take all prescribed medications. Be sure to flush the nose with salt water. Please keep your scheduled post-op appointment.

***If you have any questions or concerns, please call the office at (410) 742-1567.***