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## POST-OP NASAL SURGERY INSTRUCTIONS

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**PLEASE READ THESE INSTRUCTIONS PRIOR TO YOUR SURGERY. FEEL FREE TO CALL OUR OFFICE WITH ANY QUESTIONS.**

### GENERAL INSTRUCTIONS

1. No heavy lifting, strenuous exercise for 14 days post-op.
2. No blowing of nose for approximately 5 - 7 days or until internal splints are removed in 7 days.
3. If you have to sneeze, do so with your mouth open.
4. Your nose will bleed from time-to-time. Do not be alarmed. It may help if you sit down, put your feet up, use ice on your nose. Call if you become concerned.
5. If you have an external splint, it will be removed 5 - 7 days post-op. If you don't have a follow-up appointment, please call the office.
6. Try to sleep on two pillows or in a recliner the first 2 or 3 days post-op to keep head elevated 45 degrees.
7. For Rhinoplasty patients: ice pads may be applied to eyes 4 times a day for the first 2 days. Expect to have some bruising of eyes. Sleep with pillows on each side to prevent rolling onto nose. Separate instructions will be given for Rhinoplasty.

### MEDICATIONS

**You will be given prescriptions for medication after your surgery.**

1. **Antibiotics:** Take as prescribed for 10 days.
2. **Decadron:** You may be given this medication to help reduce swelling. Use as directed for 4 days post-op.
3. **Pain Medication:** There should not be much pain post-op. Pain medication will be given to take as directed for discomfort.

### NASAL SPRAYS

**After your packing is removed, begin using your nasal sprays as follows:**

1. **Afrin:** Use 2 sprays in each nostril 3 to 4 times a day to "shrink" down your nose and open it to breathe easier.
2. **Ocean:** Use 2 sprays in each nostril 3 to 4 times a day to keep nose moist and clean out secretions.
3. **Garamycin Ointment:** Use intranasally both nostrils twice a day.