

Elliott B. Black, III, M.D.
Eileen Summer Black, M.D.
4228 Houma Blvd., Ste 100
Metairie, LA 70006
(504) 883-8900
(800) 259-9060

Patient instructions **After Surgery:** **Nasal Surgery**

GENERAL INFORMATION:

1. Discoloration will be most prominent and may increase during the first 24-72 hours following surgery. It will gradually decrease in amount and most of it will be gone in 7 to 10 days. Swelling will also be most prominent during this period, but may take longer to decrease.
2. The nasal splint will usually be left in position for 5 to 7 days and should not be disturbed.
3. Your nose may feel "full or congested" for 7 to 10 days after surgery. This is usually due to normal swelling and dry blood that will eventually clear itself or be removed by your doctor.
4. DO NOT pick your nose or stick anything (fingers, q-tips, etc) in it as this may aggravate the healing process and cause infection.
5. While at home, DO NOT engage in any strenuous activity during the first week. Avoid bending over with your head down for prolonged periods. Bleeding may result.
6. Eyeglasses may be worn during the first week and may rest on the nasal splint. DO NOT attempt to wear contact lenses at this time.
7. Ambulate with assistance on the evening of surgery. If you are in bed awake move your legs and feet to prevent blood clots.
8. AVOID smoking. Coughing may start bleeding and result in unnecessary difficulty.
9. DO NOT SMOKE. Smoking causes poor circulation, which leads to infection, scarring and wound healing problems.
10. Use all medication as directed.
11. Report any drug reaction (swelling, rash, itch, fever, nausea, vomiting).
12. Take no aspirin, aspirin or ibuprofen containing compounds for 14 days following surgery. Tylenol is okay.
13. No driving after surgery while you are taking medications.
14. Do not expose bruised area to sun as this may result to discoloration or permanent pigmentation problems.
15. Avoid alcohol until antibiotics and pain medication are finished.
16. Call the office to set up post-operative appointment.

FIRST DAY HOME FROM SURGERY:

1. Change the nasal tip dressing (gauze provided by the surgery center) as often as needed. Slight to moderate oozing is ordinary. If excessive, DO NOT PANIC, call the office and your doctor will advise you on what to do.
2. Treat nausea early. Swallowed mucous can upset the G.I. tract easily.
3. Liquids and bland soft foods only for the 1st day.
4. Keep head elevated to help reduce swelling.
5. Take no aspirin or ibuprofen containing compounds for 14 days following surgery. Tylenol is okay.

SECOND DAY HOME FROM SURGERY:

1. Light activity and soft diet.
2. Avoid bright light – you may wear sunglasses.
3. Keep head elevated to help reduce swelling.
4. Bath and careful shampoo is permitted.
5. Call the office if ANY EXCESSIVE pain or bleeding occurs.

FIRST WEEK AFTER SURGERY:

1. DO NOT stoop, strain or lift.
2. Always sleep with 2 or 3 pillows, keep head elevated.
3. Report unusual or any worrisome symptoms.
4. Take medications as prescribed.
5. DO NOT SMOKE.

I have received and understand the discharge instructions provided to me.

Patient's Signature

Date