

# NASAL RECONSTRUCTION & SINUS SURGERY DISCHARGE & WOUND CARE INSTRUCTIONS

## FOLLOW UP CARE

- Black and blue eyes and swelling are normal and usually resolves within 2 weeks
- Avoid damage/trauma to the nose
- Stuffiness and congestion are normal for 2 weeks
- Scabbing and crusting inside the nose can last 4-8 weeks
- Bleeding from the nose is common after surgery, especially the first 2-3 days. A nasal drip pad with gauze will be applied after surgery for comfort. Bleeding should decrease throughout the first day and resolve soon after.
- DO NOT blow your nose for at least 1 week
- Sneeze with your mouth open
- If a follow up appointment was not made the day of surgery, please call the office to make one

## WOUND CARE / OPERATIVE SITE

- Do not dislodge or remove the cast on the nose, it may loosen or fall off prior to your follow up appointment. DO NOT ATTEMPT TO PUT BACK ON. Keep dry.
- Keep incision(s) dry for 36 hours. After 36 hours the incision(s) can get wet but do not rub, blot to dry.
- A small amount of swelling and bruising is expected
- Skin will be tender at the incision site and pain should decrease over time
- Clean the incision(s) with hydrogen peroxide on a cotton swab three times a day for two days. After cleaning the incision, apply bacitracin ointment three times a day for three days then switch to Vaseline or Aquaphor ointment.

## ACTIVITY

- Do not drive for 24 hours or while taking narcotic pain medication
- Avoid vigorous activity or heavy lifting for 2 weeks

## DIET

- Resume previous diet as tolerated

## MEDICATIONS

- Prescription (s) will be sent with you. Use as directed.
- Afrin nasal spray can be used 2 sprays, every hour as needed for HEAVY BLEEDING the first 24 hours. After 24 hours, Afrin nasal spray twice a day, ONLY as needed for bleeding for no more than 1 week
- Start irrigating 3-5 times a day with Saline nasal spray or similar push button type mister (as prescribed by your doctor) the day after surgery



# NASAL RECONSTRUCTION & SINUS SURGERY DISCHARGE & WOUND CARE INSTRUCTIONS CONTINUED

- See PAIN CONTROL sheet for additional instructions

## PROBLEMS TO WATCH FOR

- Fever over 101.4
- Heavy bleeding from the nose
- Uncontrolled Nausea/Vomiting

Call your doctor with ANY problems that concern you: Phone # (843) 766-7103. If you need immediate attention, go to the nearest Emergency Department.

I have read, been read, and verbally repeated back instructions and understand them. A copy has been given to me.

Date of Follow-up visit \_\_\_\_\_ Time \_\_\_\_\_

\_\_\_\_\_  
Patient / Responsible Party

\_\_\_\_\_  
Nurse Signature

