** 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
* See PAIN CONTROL sheet for additional instructions

**PROBLEMS TO WATCH FOR**

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

**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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Patient/Responsible Party Nurse Signature**