

Wentworth Health Partners Head & Neck Specialty Group of NH

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Office Hours: Monday - Friday 8:00am - 5:00pm
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INSTRUCTION SHEET FOR POST-OP NASAL SURGERY (without packing)

Nasal or pyramid surgery is a general term that includes any procedure performed to correct problems that relate to an injury or disease of the nose.

1. You may experience some nasal discomfort. If it is mild, use regular Tylenol every 4 hours. If you are more uncomfortable, use the pain medication that the doctor prescribed for you. Pain meds may cause nausea, light headedness and/or restlessness (unable to sleep).
2. Keep your head elevated on several pillows at night for the first few nights to facilitate drainage and decrease swelling.
3. The evening after your surgery, you should begin using your saline solution. You should also apply Cortisporin ointment with a Q-Tip into your nose three times a day. Only insert the Q-Tip about one-half inch into the nostril. This will help to heal the tissues and prevent infection.
4. Keep your environment well humidified. Inhaling steam helps moisten dry nasal tissues. Boil water and inhale steam for 10-15 minutes two times a day.
5. Do not blow your nose for one week or until otherwise instructed as you may bleed and possibly cause more serious problems. Sneeze with your mouth open.
6. Do not smoke or drink alcohol after surgery. Do not exercise, lift heavy objects or participate in sports for 3 weeks. Healing takes between 2-6 weeks.
7. Your intranasal Silastic splints will be removed one week after surgery. Have a light meal 1-2 hours prior to your appointment and inhale steam or take a shower to moisten your nose.
8. If you have bleeding, sit up straight, pinch the nostrils gently together and hold for 10 minutes. If the bleeding continues, spray Neo-Synephrine nasal spray or Afrin into your nose, then apply Cortisporin ointment and pinch nostrils together again for 10 minutes. If the bleeding persists, call the office.