

Nose Surgery

General Instructions for Nose Surgery

- Stay in a sitting, upright, or standing position, if possible, this helps to reduce swelling and congestion.
- Avoid heavy weight lifting or sudden bending. Avoid gym and strenuous activities.
- Post-surgery do not blow your nose for one week.
- Post-surgery nasal irrigation will be advised and demonstrated; kindly do it as advise.
- Avoid smoking it can severely affect the outcomes after sinus surgery.
- Nasal irrigations are a must after packing removal. Large clots may need to be removed by a doctor in OPD.

OTHER CONCERNS

NASAL SPLINTS

In reconstructive procedures, outer or inner splints (with a nasal packing) may be placed which are generally removed 1-2 weeks after the surgery. Nasal packs will be removed after 2 days of surgery, you may be discharged with gauze under the nose.

PAIN

Mild pain is expected for the first several days. You will be given pain medication for regular use for up to 3 days and then only if you experience pain.

NASAL BLEEDING

Mild to moderate amount of blood/blood-stained nasal secretions may be there for initial 3-4 days, which later can be dark-colored or clot-like. If bleeding is continuous, kindly follow as advised and report to the hospital.

- Sit with legs hanging out of bed in slight leaning forward with the upper body, pinch your nose near the tip, apply an ice pack over forehead and bridge of nose till you reach the hospital.

FACIAL SWELLING

Can occur if nasal packs are there, you may notice it above the lips and/or under the eyes and may continue up to 3-4 days. Nasal congestion, heaviness of face, head, excessive lacrimation are also common due to nasal packs and will eventually settle after pack removal.

DRY MOUTH

You may experience this due to compulsive mouth breathing owing to nasal packs, frequent intake of water may help.

NAUSEA/ VOMITING

May happen (though rare) due to swallowed blood during the operation or for the first few hours post-surgery.

WHEN CAN I RESUME WORK?

You can resume your daily routine/work from 5-7 days post-surgery

ACTIVITY

You are advised to rest in bed with head-end elevated for at least 72 hrs.