



Kryger Institute of Plastic Surgery

POST OPERATIVE INSTRUCTIONS: NASAL SURGERY

PAIN MEDICATION

- Your pain medication contains a narcotic plus Tylenol.
- Take the pain medication as prescribed by Dr. Kryger. Remember **NOT** to take additional Tylenol on top of the prescribed pain pills.
- **Avoid** taking aspirin or aspirin containing medications for 2 week after surgery.
- **Don't** wait for the pain to be severe before taking the pills. Take them as soon as you begin to have discomfort. For the first few days after surgery, take pain medications before you go to sleep.
- Take Ibuprofen as instructed by Dr. Kryger. Begin taking Ibuprofen immediately.
- Pain pills often cause nausea if taken on an empty stomach. Make sure to take them after eating some bland, non-fatty food.
- The pain pills also cause constipation. If this is a problem use an over-the-counter stool softener such as Colace.

* *It is very common to have nausea from the anesthesia that can last 24-48 hours after surgery.*

* *You may drive once you are no longer taking narcotic pain medication.*

INSTRUCTIONS AND RESTRICTIONS

- Ice packs should be kept gently around the nose for the *first 24 hours after surgery*.
- Begin applying Aquaphor ointment to nasal incision *24 hours after surgery*, daily, and as needed to keep incision moist.
- Starting the *day after surgery*, rinse inside of nose with sinus rinse 2 times per day.
- For congestion, use Afrin 2 times per day
- **Avoid** aspirin and aspirin containing medications for 2 weeks after surgery.
- **Avoid** bending your head forward as much as possible.
- If you have a nasal splint, nasal packing and/or tapes, **DO NOT REMOVE** these unless you are instructed to do so.
- **Avoid** getting the nasal dressing wet. Clean your face gently with a face cloth. You may shower to wash your hair using caution to protect the nasal dressing. Have someone help you wash your hair, keeping your head tilted backwards.

* *If you are taking any pain medications, have someone help you with showers, baths, etc.*

- **Do not blow your nose!** If you have drainage, blot it away GENTLY with gauze and sit in a semi-reclining position. Be care **not** to hit or bump your nose when blotting.
- **Do not** push or pinch your nose in an effort to decrease drainage.

* *If you have to sneeze, do so with your mouth open.*

- **Do not** insert tissues or Q-tips into your nose to clean it out. It is best to allow the Doctor to do this for you for the first time.
- **Avoid** heavy lifting and strenuous activity.
- **Do not** get injections like Botox until you check with your surgeon for clearance.
- Check with your surgeon before wearing eyeglasses or sunglasses.
- Make-up may be worn a few days postoperative as long as it does not interfere with the nasal splint, packing, or tapes.

X _____
Patient Signature



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Showering: Begin daily bathing *24 hours after your operation*. **Avoid** getting the nasal dressing wet. Clean your face gently with a face cloth. You may shower to wash your hair using caution to protect the nasal dressing. **Avoid** bending your head forward as much as possible. Have someone help you wash your hair, keeping your head tilted backwards.
** If you are taking any pain medications, have someone help you with showers, baths, etc.*

Diet: Easily digested foods such as ginger ale, Jello-O, and canned soups are usually tolerated during the first 24-48 hours postoperative. If you have nausea *without* vomiting, you may resume your usual diet.

Sleeping: You may be more comfortable resting on 2-3 pillows. This will help keep the swelling and discomfort to a minimum.

PREPARING FOR 1st POSTOPERATIVE APPOINTMENT

The day before your post op appointment, you should wet the nasal splint. Let the shower water soak the splint as it is easier to remove.

Check with your surgeon before having any injections such as Botox.

Check with your surgeon before wearing eyeglasses or sunglasses.

Check with your surgeon for restrictions on your activity and amount of time you should take off of work.

COMPLICATIONS

Please call the office at (805)777-3877 if you have any problem. If you call after 5:30pm or on weekends, the office phone will ring directly to Dr. Kryger's cell phone.

Call immediately if you experience any of the following:

- Chest pain, difficulty breathing or shortness of breath.
- Significant bruising or swelling that is much greater on one side than the other.
- Redness and warmth around the incision.
- Drainage or fluid coming out of the incision.
- A fever over 101.0 degrees.

EMERGENCIES

*** If an emergency arises, please call 911!**

X _____

Patient Signature