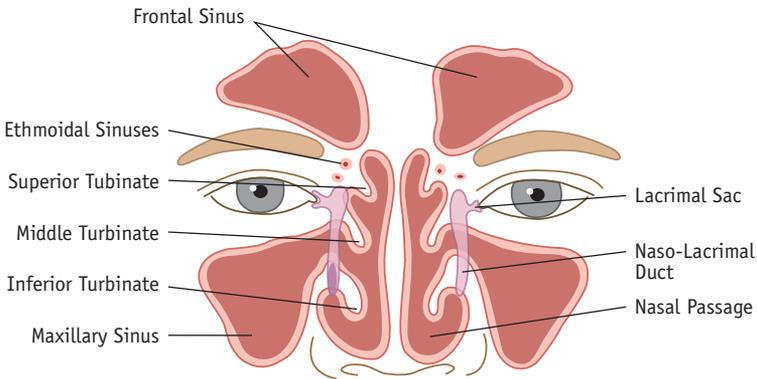


After Surgery on the Nose

Discharge Instructions

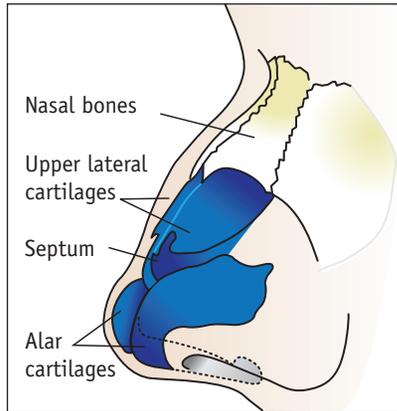


- Nasal Septal Surgery (Septoplasty)
- Rhinoplasty
- Sinus Surgery (eg. Ethmoidectomy)
- Polyp removal
- Turbinate surgery

General Information

Nasal Surgery may be done to improve breathing and drainage through the nose, or for cosmetic reasons.

- ❑ **Nasal Polypectomy** is the surgical removal of polyps inside the nose (grapelike clusters of mucous membrane). **Nasal polyps** are caused by continued inflammation of the mucous membranes which line your sinuses. Polyps can block the sinuses or nasal passage.
- ❑ Your **sinuses** are hollow spaces in the bones of your face and skull. These spaces connect with the inside of your nose through tiny holes and passages.
- ❑ **Ethmoidectomy** is the excision of diseased parts of the **ethmoid sinus** near the nose.
- ❑ **Turbinectomy** is removal of part of the turbinates in the nose. Turbinates are made of bone & soft tissue which can block breathing when swollen.
- ❑ **Nasal Septal Surgery (Septoplasty)** is done to repair the nasal septum, the wall which separates the two sides of the nose. The septum is made of cartilage and bone.
- ❑ **Rhinoplasty** can be done to relieve breathing problems or for cosmetic reasons. The nose can be straightened, made smaller or bigger, and bumps removed. Pieces of cartilage or bone may be removed or added to the nose to change its shape.
- ❑ **Septorhinoplasty** combines the 2 previous operations.
- ❑ **Other** _____



Important Points in Treatment

What to expect

- Your nose may feel plugged for several weeks.
- Your ability to smell may be lessened.
- You may have blood tinged discharge from the nose for several weeks

Things to do

- **Sneezing:** If you sneeze, open your mouth wide to relieve the pressure. If you have sneezing episodes, you can use an antihistamine. Follow the directions on the package.
- For the first 10 days following surgery, it is normal to have some blood stained mucus and crusts coming from your nose. If steady bright red bleeding occurs, sit upright & apply ice & a nasal dripper (gauze) to the nose. Bleeding usually stops. **See “When to call the Surgeon”.**
- Change the nasal dripper gauze as needed. After a few days, you may not need it.
- Keep your mouth clean. Rinse your mouth after meals. Brush teeth with a soft brush.

Things to avoid

- For the first month after your surgery, **do not use Aspirin in any form** (coated Aspirin, Entrophen), or Ibuprofen (Advil or Motrin), as it can increase the chance of bleeding.
- Do Not blow your nose for the first 2 weeks after surgery.

Diet

- Eat a soft diet for a few days, no hard chewing. Avoid spicy food as it may make your nose run.
- Avoid straining with bowel movements. Include high fiber in your diet to prevent constipation, such as:
 - grains, bran cereals (All Bran, Bran Buds, Fruit & Fiber)
 - fruits (prunes, dates, bananas, apples)
 - vegetables (broccoli, corn, beans, potatoes)
- If needed, ask your Doctor or Pharmacist about a mild laxative or stool softener.
- Drink plenty of fluid (6-8 glasses per day) to stay hydrated and to prevent constipation.

Activities

- For 7-10 days after surgery: When lying down, raise your head on 2 pillows to reduce swelling and discomfort.
- For 1 week: Avoid heavy lifting (over 10 pounds), bending over, & vigorous physical activity.
- Over the next 2 weeks: Increase your activity and exercise gradually to prevent a sudden rise in blood pressure, which may cause bleeding.
- For 2 weeks: Avoid saunas, hot tubs, & activities that cause you to feel hot (red face, sweating).
- For 6 weeks: Avoid flying, contact sports, swimming and diving.
- Avoid hitting the nose.
- Avoid forceful coughing or clearing throat.
- Check with your doctor as to when you can begin regular activities.

Pain

- It is normal to have pain &/or a headache after surgery on the nose. Use the pain medication ordered by your surgeon. Medications for pain often cause constipation.
- Do not drink alcohol while taking pain medication.
- **Rhinoplasty: You may apply cold compresses** (covered ice packs) over the eyes or nose for the first 1 to 2 days to help reduce swelling and soothe the eyes.

Bathing

- Bathe or shower in warm (not hot) water.
- Rhinoplasty: If you have a splint on your nose, try to keep it dry. Wash your hair leaning your head back & use a cool setting on the hair dryer.

Nasal Packing

- Some surgeons pack the nose after surgery. Either you or your surgeon will remove it.
- If your doctor tells you to remove the packing at home, follow the instructions about removal of packing at the end of this pamphlet.
- To reduce discomfort, take your pain medication 1 hour before removing the packing or seeing the surgeon.

Rhinoplasty

- You may have an incision at the base of your nose.
- After any packing is removed, **apply polysporin ointment** into the nostrils 3 to 4 times a day for about 3 weeks. This will prevent and soften crusts forming in the nose. Allow the crusting to fall off naturally; **do not pick at it**.
- You may have some swelling of the eyes & nose area for 2-3 weeks.
- You may have some bruising of the eyes for 2-3 weeks.
- Some surgeons apply a splint (or small cast) to the nose to protect it, especially while you sleep. This will be removed by the surgeon after 5-7 days. The surgeon will also remove any stitches.

Follow-up Appointment

Make an appointment for a follow-up with your doctor _____ after surgery.

Removing Nasal Packing

Patients who have surgery on the nose, such as septoplasty, rhinoplasty, turbinectomy, or sinus surgery often have their nose packed at the end of surgery. The purpose of this packing is to control bleeding, moisten and sooth the raw areas inside the nose.

There are different types of packing:

1. long thin pieces of gauze soaked in Vaseline(up to 2 feet)
2. small thin “stents”, made of silastic (similar to plastic)
3. small pieces of “Telfa” -a non stick dressing

After surgery there may be a small amount of bloody drainage for 1-3 days, which is normal.

Remove the packing on _____ with the help of a family member or friend as described below.

Method

1. Take your pain pills about 1 hour before removing the packing.
2. Wet your face and neck with water and stand near a sink.
3. Firmly hold the end of the packing or “stent”, and pull it out gradually from side to side. This packing may be short or quite long. It is best to pull it out slowly but firmly and continuously. Keep your mouth open when doing this.
4. After removing the packing, it is usual to get a little nosebleed. If so, pinch the soft part of your nose for 5 minutes, while keeping your head up. The bleeding almost always stops. Use the “nasal drippers” provided.
5. **DO NOT** blow your nose forcefully, since this may cause a nosebleed.

Call the Surgeon or Go to the Emergency Department if Any of the Following Happens:

- fever of 38°C or 100.4°F
- pus-like (green or yellow) or bad smelling discharge from the nose
- increased pain after 24–48 hours that is not relieved by pain medication
- steady bright red bleeding from the nose that soaks the nasal dripper, dripper needs changing more often than every 15 minutes

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