



- Otolaryngology
- Head & Neck Surgery
- Ear, Nose & Throat
- In-Office Balloon Sinuplasty
- Hearing Aids
- Sinus Specialist
- Pediatrics & Adults
- Sleep Apnea Surgery

INSTRUCTIONS AFTER NASAL SURGERY

- Do not blow your nose.
- Sneeze with your mouth open.
- Refrain from taking hot showers for the first 24 hours following your procedure.
- Change the dressing under your nose when it becomes soiled or wet. You may need to change the dressing several times.
- For the first 48 hours following your procedure, keep your head elevated on a few pillows to sleep to help reduce any inflammation you may experience.
- If you develop active, bright red bleeding following the first day of your procedure, please call the office or go to the nearest emergency room.
- Notify the office if you develop a temperature greater than 102 degrees.
- Splints and casts are removed seven to 10 days after surgery only if needed. The night after nasal packing is removed, place Bacitracin ointment into the nostrils.
- Starting the morning after your procedure, begin rinsing the nose out with a sinus rinse kit. Rinse the nose three times a day, then place Bacitracin ointment in the front of the nose. You can find the sinus rinse and Bacitracin over the counter at most convenience stores.
- A post-op exam is needed one week following the procedure.

