



PLASTIC SURGERY, PLLC

Steve Lee, M.D., F.A.C.S.

NASAL SURGERY INSTRUCTIONS (IN ADDITION TO THE GENERAL INSTRUCTIONS)

PRE-OPERATIVE INSTRUCTIONS

- NO smoking at least 4 weeks prior to surgery.
- NO ASPIRIN or aspirin-containing products for 2 weeks prior to surgery.
- Please have your prescriptions filled prior to surgery.

POST-OPERATIVE INSTRUCTIONS

- Swelling and Bruising: It is normal to become swollen and black and blue in the eye/nose/cheek areas. To help reduce this, the following are helpful:
 - o keep your head elevated above your heart at all times.
 - o Apply iced gauze pads (Gauze soaked in ice water) to the eye and cheek areas for the first 48 hours.
- Bleeding: The most common complication after nasal surgery. A few drops of bloody drainage is normal and to be expected just after surgery. To reduce this, the following are recommended:
 - o Keep your head elevated above your heart at all times.
 - o Avoid bending, tying your shoes, or lifting.
- NO pain medication on an empty stomach. This can increase nausea.
- Diet: A soft diet is recommended.
- Activity: Rest for the first 24-48 hours. NO strenuous or heavy lifting for 4-6 weeks. Walking and gentle exercise is permitted.
- Avoid excess water to the face when showering as the splint may come loose.
- Nasal Care: Do not attempt to clean the inside of your nose; use nasal sprays if prescribed.
- NO driving allowed until instructed by your physician.

NOTIFY THE OFFICE IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- If you develop a temperature above 101.5° F.
- If you have bleeding.
- If you develop redness (like a sunburn) on your face.

PLEASE CALL THE OFFICE AT 718-395-8118 IF YOU HAVE ANY QUESTIONS OR PROBLEMS.