



DAINES PLASTIC SURGERY

Steven M. Daines, M.D.

NASAL SURGERY Post-Operative Care

- Expect some bleeding from the nose for the first 24 hours. Occasionally people will also throw up a small amount of blood due to inadvertently swallowing the bloody drainage.
- After surgery, a “mustache dressing” will be taped across your upper lip to absorb the bloody drainage. Change this as needed until the bleeding stops.
- Sleep on your back in a recliner or with the head of bed elevated for the first 48 hours to minimize bleeding and swelling.
- You will have a non-stick sponge dressing inside your nostrils which will be removed the day after your surgery unless instructed otherwise. Some light bleeding is normal immediately afterwards which may last a few hours.
- Begin with soft foods and drink plenty of liquids. Advance to a regular diet as tolerated.
- Starting the day after surgery, gently clean any visible stitches inside your nose twice a day with dilute hydrogen peroxide using a Q-tip. After cleaning, apply a thin layer of bacitracin ointment.

- You may use Nasal Saline Spray to relieve congestion and prevent crusting - 3 gentle sprays into each nostril three times a day.
- Take your antibiotics as prescribed and pain medication as needed. Avoid Aspirin and Ibuprofen for the first week.
- If your surgery involved micro-fracturing the bones, swelling and bruising may occur under your eyes which will resolve by 7 to 10 days. Apply cold compresses for 10-minute intervals for the first 24 hours.
- You may have a splint placed on the bridge of your nose to protect it from injury. This will be removed after one week. Please do not get the splint wet. Take baths if possible for the first week to keep the splint from falling off. If it does come off before 5 days, tape it back in place.
- Avoid exertion for the first week and contact sports and swimming for 3 weeks. Your nose will be at full strength in 6 weeks.
- Do not blow your nose until instructed otherwise.
- Please call us for persistent bleeding, fever, pain uncontrolled by pain medications, or accidental injury to your nose.