



DAINES PLASTIC SURGERY NASAL SURGERY

SUPPLIES PROVIDED BY OFFICE:

- Gauze
- Vaseline
- Cotton Swabs

POST-OP INSTRUCTIONS:

- Please do not take aspirin, naproxen, ibuprofen, vitamin E, flaxseed oil, fish oil, or ANY herbal supplements for 2 weeks prior and 1 week after surgery.
- Expect some bleeding from the nose for the first 24 hours.
- A “mustache dressing” will be taped across your upper lip to absorb the bleeding. Change this as needed until the bleeding stops.
- Sleep on your back in a recliner or with your head elevated for the first 48 hours to minimize bleeding and swelling.
- You may have a non-stick sponge inside your nostrils which will be removed by Dr. Daines the following day unless you are instructed otherwise.
- 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 cotton swab. After cleaning, apply a thin layer of Vaseline ointment.
- Three days after surgery you should begin using Nasal Saline Spray to relieve congestion and prevent crusting. Three gentle sprays into each nostril three times a day.
- Take your antibiotics as prescribed and pain medication as needed.
- 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 to your eyes, forehead, and cheeks in 10-minute intervals for the first 48 hours.
- You may have a splint placed on the bridge of your nose to protect it from injury. This will be removed in 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, call the office and tape it back in place.
- Avoid exertion for the first week and contact sports and swimming for 6 weeks. Your nose should be at full strength by 6 weeks.
- Do not blow your nose until given clearance by the Doctor.
- Please call us for persistent bleeding, fever, pain uncontrolled by pain medications, or accidental injury to your nose.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, DO NOT HESITATE TO CONTACT US AT
THE OFFICE (949) 209-1622**