

## Nasal Surgery Post-Operative Instructions

Depending on particular problems, you may have had procedures to straighten your nasal septum (septoplasty), improve the breathing passages (turbinate reductions or ethmoidectomy) or open sinuses (balloon sinuplasty).

It is normal to experience some oozing and bleeding out the front of your nose and down the back of your throat after these procedures. Notify the office in case of excessive bleeding.

### **Please follow these simple instructions:**

- No heavy lifting or straining.
- Sneeze with your mouth open.
- Do not blow your nose forcefully.
- Do not pick your nose.
- Tylenol is best for pain.
- Use Neilmed Nasogel. Apply to the inside of the nostrils four times per day. Think of this as “chapstick for the nose.”
- Use Bacitracin ointment once or twice per day. Apply to the inside of the nose using a Q-tip.
- Start Neilmed sinus rinses, after your first post-op visit. It is normal to see clots, debris or other material coming out of your nose.

You may experience some congestion post-operatively due to dissolvable material that was placed in your nose as a support that will be removed at your first post-operative visit.

You may be prescribed steroid or antibiotics in some cases. Take this as directed until the medicine is gone.

You may also have a prescription for narcotic pain relievers, which you should use sparingly on an as-needed basis.

Tylenol or Motrin is OK to use for pain in substitute for prescription pain reliever.