



Balance and Ear Center Inc.

Postoperative Instructions For Nasal Surgery Patients

After nasal surgery you will likely experience nasal crusting and pain. Although some bleeding is common, excessive bleeding is not good and should be reported to the surgeon immediately.

- Do not blow your nose for 1-2 weeks after surgery
- No bending over for 1-2 weeks after surgery
- No heavy lifting over 10 lbs for 1-2 weeks after surgery
- **Use nasal saline spray or rinse 3-4 times a day!!**
- Use pain medication as directed. If pain persists and is not controlled by pain medication prescribed to you, please call the office. A new prescription may be called in for you.
- Take all antibiotics as prescribed.
- Drink plenty of fluids.
- Normal diet.
- Normal bathing habits.
- Follow up in the office 7-10 days after surgery. Call for an appointment if one has not already been scheduled for you.

It is normal for your nose to be crusty and may be completely blocked. Some nasal surgeries require nasal packing to be placed inside the nostrils which will need to be removed by the physician at your follow up appointment. Some other normal post op symptoms are loss of sense of smell and altered taste, vision changes and facial bruising. These symptoms should resolve within a few weeks after surgery.

Please call with any questions or concerns.

Should any question or problems arise please call our office

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