Home Care After Nasal Surgery

The following instructions will help you care for yourself, or be cared for upon your return home today. These are guidelines for your care right after your surgery only.

Medications:
- Prescriptions sent home: ________________________________
- Start own medicines.
- Medication changes: ________________________________

Diet:
- Drink plenty of liquids and eat light meals today. Start your regular diet tomorrow.
- Start your regular diet today.

Activity:
- May return to work or school on ________________________________
- No nose blowing. Sneeze with your mouth open. No bending, heavy lifting or vigorous activity for ________________________________
- Sleep with your head up on two or three pillows, or in a recliner.
- Glasses should not be worn. If this is not possible, they may be taped to the forehead to prevent pressure on bridge of nose.

Wound Care and Hygiene:
- Do not get nasal packing or cast wet.
- Apply ice packs to eye / nasal area for 24 to 48 hours.
- Nasal drip pad may be changed as needed.

Anesthesia Precautions & Expectations:
- After anesthesia, rest for 24 hours. **Do not drive, drink alcoholic beverages or make any important decisions during this time.** General anesthesia may cause a sore throat, jaw discomfort or muscle aches. These symptoms can last for one or two days.

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The Ohio State University Medical Center

Rev.4/05 - This form can be ordered online through the Patient Education web site.

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Home Care Instruction Sheet
What to Expect After Surgery:
- Small amounts of bloody nasal drainage for 24 hours.
- Mild discomfort and pain.
- Swelling and bruising around eyes and nose.
- Dry mouth and lips from mouth breathing. Take sips of water often. You may use Vaseline on lips.

Call Your Doctor for:
- Heavy bleeding or bleeding that does not stop.
- Packing that comes out.
- Severe pain not relieved by prescribed medicines.
- Temperature above 101 degrees.
- Vision changes.

Other Instructions: __________________________________________________________

Call your doctor’s office at _____________ to make a follow up appointment in ________________ weeks.
- If you have questions or problems, call your doctor’s office at ________________.
- If you are unable to reach your doctor, call:
  - Ambulatory Surgery Unit at (614) 293-8795
  - The hospital operator at (614) 293-8000. Ask for the resident on call for your doctor.
  - (614) 293-8333 - OSU Emergency Department

I have a copy of and understand the above instructions:

Patient or Responsible Person

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