

SAN FRANCISCO OTOLARYNGOLOGY

Providing ear, nose, and throat care since 1940

NASAL SURGERY DISCHARGE INSTRUCTIONS

- 1.) Keep an ice compresses on the eyes during the first 24-48 hours after the surgery to minimize any unnecessary swelling. Sleep with your head elevated for the first 3 days.
- 2.) ACTIVITY:
 - a. No bending over, straining, or heavy lifting.
 - b. When you blow your nose, do so lightly and keep your mouth open. Do not pinch your nose while blowing.
 - c. No strenuous exercise (jogging, swimming, aerobics, weight lifting, etc.)
- 3.) Take no drugs containing aspirin or ibuprofen (Nupril, Advil, Motrin, etc.) for 1 week. Tylenol is okay.
- 4.) BANDAGES: Make sure to keep bandages clean and dry. Nasal sling should be changed when soiled. You may remove nasal sling when drainage stops. DO NOT remove any other bandages unless specifically instructed by your doctor.
- 5.) Because of the sedative drugs and/or anesthesia used during your procedure:
 - a. Do not drive or operate complicated machinery for 24 hours and while taking prescribed pain medicine.
 - b. Avoid making important decisions for 24 hours.
 - c. Do not drink alcoholic beverages for 24 hours and while taking prescribed pain medicine.
 - d. Diet of liquids or light nourishment for your first meal. If you tolerate this, you may resume your normal diet.
- 6.) If you develop any of the following symptoms, notify your doctor immediately:
 - a. Temperature greater than 100 degrees Fahrenheit
 - b. Excessive bleeding
 - c. Pain or excessive swelling unrelieved by medication
 - d. Nausea and vomiting that persists more than 6 hours.

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To reach the doctor:

1. For urgent or routine questions call the doctor's answering service by dialing (415) 362.5443 then press "1".

If for any reason you are unable to reach the doctor, please go to your nearest emergency room.

In San Francisco:

UCSF Emergency Room
505 Parnassus Ave.
(415) 353.1037

CPMC Emergency Room
Pacific Campus
2333 Buchanan St.
(415) 600.6000

San Francisco General Hospital
1001 Potrero Ave.
(415) 206.8111