



BOICE-WILLIS CLINIC
**PLASTIC
SURGERY**

45 Guardian Court, Ste. 150, Rocky Mount, NC 27804
252-937-0204
Karen Szymanski, DO MPT

INSTRUCTION SHEET FOR NASAL SURGERY

Please follow some basic guidelines in order to maximize results and to minimize any risks or complications in your post-operative recovery.

Before your surgery:

- **Avoid smoking and second-hand smoke.** Cigarette smoking impairs wound healing, blood flow, and respiratory secretions. Do **not** use nicotine patch or gum at this time.
- **Avoid alcohol.** Alcohol can be a blood thinner, so we recommend no drinking for two weeks prior to surgery and for two weeks following surgery.
- **Avoid aspirin, aspirin-containing products, and anti-inflammatory products.** All of these products may increase bleeding during surgery. Since many over-the-counter medications contain aspirin, please read labels carefully and refer to the comprehensive list of medications to avoid. *If aspirin or another “blood thinner” such as Coumadin is being prescribed for a heart condition or other medical conditions, please notify us for further instructions.*
- **Scrub face with antibacterial cleanser prior to surgery.**
- **Have a support system in place.** Make arrangements for a responsible adult to take you to and from the hospital or surgery center and remain with you for the first 24 hours.
- **Do not have anything to eat or drink after midnight the day prior to surgery.** This includes water, chewing gum, and mints. On the morning of surgery, you can brush your teeth but do not swallow any of the water. Prescription medication may be taken with a small sip of water on the morning of surgery.
- **Drink extra water the day before surgery** (but be sure to stop drinking by midnight!) A well-hydrated body is less likely to experience nausea after anesthesia.
- **Get prescriptions filled prior to surgery.** You will be given antibiotics and pain medications at your pre-operative visit, get them filled in advance of your surgery.
- **Follow guidelines outlined in Dr. Szymanski’s peri-operative protocol.** These will all help to decrease the amount of swelling and bruising from your surgery.
- **Get proper rest the day before surgery.**

The day of surgery:

- Wear button down shirt so nothing tight has to be pulled over your head.
- Do not wear any jewelry or make-up.
- Please arrive to the hospital or surgery center at the appropriate scheduled time.

Once you are home:

You are now on the road to recovery. It is very important that you pay close attention to following the instructions listed below. These will help to assure improved wound healing and decrease the risk of postoperative complications. Following the instructions will help make your recovery easier.

- **Take your antibiotics and pain medication as prescribed.** Try to have some food in your stomach when taking medications to avoid nausea. If you experience any itching, rashes, or respiratory difficulties, please notify the office, as you may be allergic to one of the medications. Start to wean off the pain medications once symptoms improve. For minor discomfort you may take Tylenol® Sinus, if not allergic.
- **Cold compresses held over the bridge of nose and eyelid area over first 24 hours will reduce swelling and bruising.** It is normal to have bruising and swelling after nasal surgery, but using ice packs or baggies of frozen peas over this area may limit the amount.
- **Elevation of head is important to limit swelling.** Two pillows at a minimum should be used to keep head propped up and slightly back.
- **It is normal to have bloody discharge drip from nose during first 24 hours after surgery.** A drip pad is placed under the nostrils because of this, and it may be changed as needed. Once there is no longer any drainage, the pad can be removed. If bleeding is excessive, please call the office for further instructions.
- **You may cough up small amounts of blood after surgery.** You will need to breathe through your mouth, which can cause dry mouth and lips.
- **Do not blow your nose until directed that this is safe.** In general, we prefer that you avoid blowing for at least 10 days. If you need to sneeze, do so with your mouth open.
- **External splint on bridge of nose needs to be kept dry.** You may have internal splints in each nostril, and all splints typically are removed within 5-10 days.
- **Do not pick at crust that forms inside the tip of nose.** Instead, gently dissolve the crust with a Q-tip soaked with hydrogen peroxide. Doing this a number of times will relieve the discomfort without harm.
- **Avoid strenuous activities and any motion that causes blood rush to the head.** Activities such as bending over, lifting, power walks or other strenuous exercise could provoke bleeding and lead to increased bruising. This restriction should last for a minimum of two weeks, and activities should be resumed gradually.
- **Movement and casual walking is an important part of restoring proper circulation and breathing.** Walking “wakes-up” all your body systems, it improves circulation, encourages breathing and helps move gas along the digestive tract. Take advantage of trips to the bathroom for short walks around the house, but be careful not to overexert yourself in the beginning.
- **Discoloration and bruising usually subsides by 5-7 days.** Most patients will be clear of any discoloration by two weeks. If at this time there is any residual discoloration, our esthetician will

instruct you in the use of camouflage make-up. Adhering to vitamin supplement regimens has been shown to help in decreasing the amount of bruising.

- **Swelling between eyes is often present and normal.** The final nasal contour may not be evident for months to one year due to swelling, especially in the tip.
- **You may shower 24 hours after your surgery.** Be gentle when washing over incision areas, and use cool to warm water. Remember, keep external splint dry so it does not lose its shape or come off.
- **Driving is usually permitted shortly after surgery as long as you are not taking pain medication.** We do not want you driving if you are having any discomfort or if swelling is affecting your vision. Always remember that you are “under the influence” when taking prescription pain medication.
- **Remember to eat healthy and include protein in your diet.** Protein is essential to the healing process, and it is best to avoid foods with lots of sodium as they will increase swelling. Continue Vitamedica program for two weeks following surgery.
- **Do not hesitate to call the office if you have any questions regarding your recovery.** Observe your skin and incision carefully, and contact us if you experience anything that seems concerning to you. Look for any redness, puffiness, unusual drainage, opening of an incision, or an increased temperature (over 100°). Persistent nausea, sudden increase in swelling, bruising or pain should be reported to our office.
- **Come to your scheduled follow-up visits.** Call the office to schedule a follow-up appointment, if this was not previously arranged. We closely follow patients after their surgery to ensure proper healing and to reinforce postoperative instructions to make this the best possible surgical experience.