

# Nasal Surgery

## Discharge Instructions

**Call your health care provider or visit the Emergency department if you have:**

- bleeding that does not stop promptly
- fever or chills (temperature higher than 38.°C or 100°F)
- pain or vomiting that is not relieved with the medications you have been instructed to take.

**For 24 hour professional health advice and information, call**



### Treatment

- You may have a small gauze dressing taped under your nose. This prevents trickling of blood onto your face. Change this dressing if it become soiled.
- A plastic splint or plaster cast may be applied to the outside of the nose if your nasal bones are very mobile and it is kept on for about a week.
- Swelling, bruising, and watering of eyes is common. Apply cold pack to eyelids to reduce swelling.
- It may take 2 to 3 weeks for the swelling to go down and for any breathing improvement to be noticeable.

### Bathing/Personal Care

- Shower with warm water, not hot water for the first 2 days. Avoid hot baths (steam) for at least two days.
- If cast is present –keep cast dry until seen by your surgeon at your follow-up appointment.

### Activity

- Avoid strenuous exercise (e.g. jogging) until after you have discussed with your surgeon at your follow up appointments.
- Do not bend for 7 days.
- **DO NOT** lift or pull anything over 40 lbs (20kg) for 7 days unless directed otherwise by your surgeon.

### Medications

- You may take your usual pain medication for discomfort as directed on the package/bottle according to age and weight or as prescribed by your health care professional.
- **Do not** use Aspirin® or Ibuprofen® as these increase the risk of bleeding.

### General Information

- **DO NOT** blow your nose until instructed by your surgeon.
- Cough or sneeze with your mouth open to reduce pressure.
- **DO NOT** put objects such as Q-tips in your nose.
- Blood clots and crusts should not be removed. Allow them to fall off.



**Saskatchewan  
Health Authority**

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\*This document was designed to support patients of the former RQHR.