

QUEEN CITY EAR, NOSE, THROAT ASSOCIATES, INC.

OTORHINOLARYNGOLOGY
HEAD AND NECK SURGERY
MAXILLOFACIAL SURGERY
OTOLOGIC SURGERY
PEDIATRIC OTOLARYNGOLOGY
BRONCHOSOPHAGOLOGY
AUDIOLOGY
HEARING AIDS

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POST-OPERATIVE INSTRUCTIONS FOR NASAL SURGERY

- DON'T:** Put your head in a dependent position. Bend at the knees.
DON'T: Blow or pick your nose.
DON'T: Get the inside of your nose wet. It is OK to use saline spray if directed.
- DO:** Sneeze with your mouth open.
DO: Use a vaporizer in your bedroom.
DO: Let your nose run. If necessary, wear a gauze pad under it.
DO: Use AYR or Ocean nasal spray starting day of post-operative visit. Use 6 - 8 sprays in each nostril 4 - 6 times per day while awake.
DO: Keep your head elevated 2-4 weeks after surgery.

MOST FREQUENTLY ASKED QUESTIONS

- Q:** Are headaches normal?
A: Yes, but they usually subside gradually.
- Q:** How long do I need to take the pain medicine?
A: You usually won't need to take any pain medication after your post-operative visit.
- Q:** Why are my teeth numb?
A: You may have a small area of numbness behind your mid upper teeth.
- Q:** How long should I take my antibiotics?
A: Take antibiotics, if they have been prescribed, until gone.
- Q:** When can I travel by plane?
A: After 3 - 4 weeks post op.
- Q:** How long do I have to keep my head elevated?
A: About one month, depending on the extent of surgery.
- Q:** When can I go swimming?
A: After 4 weeks
- Q:** How long before I can participate in sports or strenuous activity?
A: 2 - 4 weeks depending on extent of surgery and speed of healing.