

Nasal Surgery

What to expect for your surgery:

The procedure will typically be outpatient and last between 1 ½ to 3 hours. For some special circumstances, your physician may recommend a single overnight stay in the hospital.

During the procedure, all work will be done on the inside of the nose, no incisions will be made on the outside of your nose. Most often, nasal packing will NOT BE USED. However, often a splint will be placed on the inside of the nose. This is done to stabilize the structures internally as the nose heals.

Please make sure not to eat or drink anything after midnight the night before unless you need a small sip of water for medications on the morning of the procedure.

Contact Info:

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What to expect after your surgery:

Pain following the procedure varies but for most patients is not severe. A prescription medication will be provided to control pain. Please avoid any anti-inflammatory medications such as aspirin, ibuprofen, Motrin™, Advil™ or Naprosyn™. It is acceptable to use Tylenol™ or the prescription pain reliever provided. However, note that the pain prescription provided may contain Tylenol™ (Acetaminophen) and therefore, you should not use Tylenol™ if you are also using the prescription pain reliever.

A steroid medication will also be given to reduce inflammation and swelling.

You can expect discharge from the nose including some blood. This will be most significant in the first week but will continue for some time after the surgery even up to several months.

Your nose will be very congested after surgery and it may be difficult to breathe through it during the first week. This will typically last until your first postoperative visit.

A drip pad will be provided at the time of surgery. This is just for your comfort and to keep any discharge from dripping onto your clothing. You may remove this at any time.

Please avoid any heavy lifting (less than 5 pounds) or straining and don't blow your nose until you are instructed that it is OK to do so.

You may shower on the first day after surgery and long showers may be helpful to provide some limited relief of congestion that is present.

It is suggested that you elevate the head of your bed when you are sleeping.

Saline nasal spray (which can be purchased at any pharmacy) should be used frequently following the procedure. It is recommended that you use at least 2 sprays on each side of your nose every hour that you are awake. You can do this more frequently and more consistent use will help to reduce the degree of nasal congestion you are experiencing. You should plan on continuing to use the saline nasal spray for several weeks after your procedure.

There are no dietary restrictions following the procedure.

Please call the office with any of the following: Significant nasal bleeding, fever >100.5, blurred vision, double vision, swelling of the eyes or the nose, or severe pain not controlled with the pain medication provided.

Your First Postoperative Visit:

A postoperative visit should be scheduled around 1 week after the procedure. If one has not been previously scheduled, please call the office for an appointment.

At your first visit, any splints in your nose will be removed and your physician will clear the nose of any crusting or discharge. While this process is typically uncomfortable, it is usually brief. Once completed, most patients note a significant improvement in congestion and discomfort.

Your physician will give you further instructions regarding any routine nasal care. You should continue to use saline nasal spray. Additionally, it is often helpful to use nasal irrigation with a Neti Pot or with Sinus Rinse™.

You may resume normal activity and lifting.

You may begin gently blowing your nose. It is often helpful to blow your nose into an old washcloth after you have been in the shower for several minutes.

There will be continued nasal discharge but it should decrease in the days and weeks that follow.

An additional visit will be scheduled at about 6 weeks time for follow up.