

Nasal Surgery

1. Splint After the surgery, there will be a dressing or splint in place for approximately five days. Do not touch, remove, or get the splint wet. You may, however, change the “moustache” dressing beneath the nose, which is simply for your convenience and prevents any bloody drainage from running onto your lips.
2. Bleeding The most common complication after nasal surgery is a nosebleed. It is important, therefore, to keep the head elevated relative to your heart at all times. Avoid bending, tying your shoes, or lifting. It is best to remain in bed for approximately two days in as close to a sitting position as possible. A certain amount of bloody drainage is expected particularly if septal surgery has been performed. A real nosebleed is not subtle and is distinctly different from the usual bloody drainage required intermittent change of the “moustache” dressing.
3. Cold Compresses Apply cold compresses to the eyes consisting of gauze soaked in ice water for the first two days. The compresses help control the swelling but have no effect on the long-term result.
4. Activity Avoid talking on the phone, laughing, crying and chewing as much as possible for 48 hours.
5. Swelling and Bruising You may become quite swollen and black and blue.
6. Bathing You may take a bath in the sitting position, or even take a shower if the water contact your body below chest level. Do not get the face or particularly the splint wet or even moist; it will fall off. Once the splint has been removed by the doctor, you may shower and allow soap and water to contact the nose. Do not attempt to clean the inside of your nose for two weeks.
7. Diet A soft diet is recommended.