

1. Sleep with your head elevated 30-40 degrees for one week by putting pillows at the head of the bed.
2. You may be up as desired after the first 24 hours, but rest when you become tired.
3. Avoid bending or lifting heavy things for a week after surgery, and avoid bumping your nose.
4. Take only prescribed medications or Tylenol, Not aspirin, as it promotes bleeding.
5. When bathing, avoid getting the nasal splint wet. If it becomes loose, please call the office.
6. Report any excessive bleeding that persists after pressure and ice and lying down for 15 minutes.
7. Report any persistent temperature of 101.5 degrees orally.
8. Do not blow your nose for 7 days after surgery.
9. You may very gently clean the outside of your nose with a Q-tip moistened with Peroxide.
10. Avoid sniffing for 7 days after surgery, as the suction will cause swelling.
11. Avoid sneezing, but if you must, sneeze with your mouth open.
12. Avoid rubbing nostrils with a Kleenex; instead, use a drip pad at the base of your tongue.
13. If you have any questions regarding your postoperative care please call the office at 253-770-4099.