



## Peri-operative Information for Nasal Surgery

- The following medications are **NOT** to be used 1 week before or after surgery unless directed by your doctor as they may cause bleeding. If you are not sure, ask the doctor.
  - Advil, Aspirin, Coumadin, Ibuprofen, Plavix, Ticlid, Warfarin, Xarelto, Eliquis
  - Anti-inflammatory or blood thinner medications
  - ANY herbal, naturopathic or homeopathic medications
- It is useful to remain relatively quiet and restful for the first few days after surgery.
- A low grade fever during the first 48 hours post-op is not unusual, and is best controlled with Tylenol (Acetaminophen). If it persists, contact your doctor's office.
- Your nose may feel extremely congested after surgery – this is temporary and is not unusual. It will improve over the first 2 weeks after the surgery.
- Nasal discharge and light bleeding are not uncommon for the first few post-operative days. If it persists or is excessive, please report to the nearest Emergency room or Urgent Care or contact this office during business hours.
- DO NOT blow your nose for the first two weeks after surgery. If you must sneeze, do so with your mouth open.
- DO NOT sleep on your nose until after the first post-operative visit with your doctor.
- DO NOT engage in **ANY** major physical activity that can increase your heart rate or blood pressure until after your first post-operative visit with doctor.
- If you have had a rhinoplasty clean the nasal tip sutures 3 times a day with the prescribed peroxide solution.
- A key to successful nasal surgery is the use of nasal sprays after surgery. They are essential to keep the nose clean and facilitate healing. Please make sure to use the sprays as directed on your prescription – this can make all of the difference and help you to achieve a good surgical outcome.