

Postoperative Instructions for Nasal Surgery

1. Do **NOT** blow your nose for five (5) days. Sneeze with your mouth open.
2. **NO** bending, lifting, or straining.
3. **NO** aspirin or aspirin-containing products for 3 days unless otherwise directed by your doctor.
4. You may use Tylenol and/or Ibuprofen for pain unless otherwise directed by your doctor
5. Your doctor may prescribe pain medicine. If so, take only as directed on prescription.
6. Use over-the-counter **Afrin nasal spray** two (2) sprays in each nostril every 12 hours for three (3) days ONLY.
7. Use over-the-counter **Saline Nasal Spray**, two(2) puffs in each nostril, six(6) times a day.
8. Apply over-the-counter **Aquaphor ointment** to both nostrils twice daily.
9. Postoperative nasal stuffiness, crusting, and discomfort will improve with healing.
** Sleeping with your head elevated may make you more comfortable.
10. Please contact the office one (1) or two (2) days of discharge to schedule a postoperative appointment. (Office telephone number: 610-376-9728, prompt 2 from a touch-tone telephone).
11. Please call the office if you have any questions or concerns.
12. In the event of a medical emergency call 911 or go directly to The Reading Hospital and Medical Center Emergency Room.