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Otolaryngology
Head And Neck Surgery
Facial Plastic Surgery
Allergy, Asthma, Immunology

**POST-OPERATIVE INSTRUCTION FOR PATIENTS
AFTER RHINOPLASTY / SEPTOPLASTY / TURBINECTOMY /
SINUS SURGERY**

1. The nasal packing is usually removed on the 1st or 2nd post-operative day.
2. There will be bloody oozing and discharge through the packing and down the back of the throat. Change the dressing as needed. If this becomes excessive, call the Doctor.
3. Ice compresses to the eyes and bridge of the nose are helpful for swelling and pain.
4. Open your mouth when you have to sneeze.
5. No nose blowing for two weeks after surgery.
6. Take the antibiotics and other medicines as directed by your Doctor.
7. Headaches, ear and sinus congestion are common after surgery especially with the packing in place.
8. Excessive eye tearing is normal with the nasal packing in place.
9. A slight fever, 99 – 101° is common. If the temperature persists over 101° then notify the Doctor. Give Tylenol (Acetaminophen) only for fever and pain. Absolutely **NO MOTRIN, ADVIL, IBUPROFEN OR ASPIRIN PRODUCTS.** These can cause significant bleeding.
10. No heavy physical activity, contact sports or gym for at least two weeks after surgery.
11. Do not travel outside the immediate area for at least two weeks after surgery. Allow easy access to a nearby hospital should anything occur.
12. Call the office if you have any questions.