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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. Use Bacitracin (Neosporin / Triple Antibiotic / Vaseline) Ointment at the inner edge of the nostril with a Q-Tip twice a day no further than the tip of the Q-Tip where sutures are.
2. Spray Neo-Synephrine or Afrin nasal spray in each nostril. 3 sprays twice a day for 3 days. **NEVER USE MORE THAN 3 DAYS**
3. Use Saline nose spray (3 - 4 sprays 3 times daily) until your healing process is complete, between 4-6 weeks. Brands that can be used include; AYR, Ocean, Simply Saline, ENT-SOL, CVS or Walgreen's brands.
4. Remember; 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. No heavy physical activity, contact sports or gym for at least two weeks after surgery.
8. Do not travel outside the immediate area for at least two weeks after surgery. Allow easy access to a nearby hospital should anything occur.
9. Call the office if you have any questions.