

NASAL SURGERY

DOCTOR GERUT'S POSTOPERATIVE INSTRUCTIONS

Do not do anything that raises your blood pressure! No lifting, bending over, straining, sex, etc. for five days after surgery. Keep your head elevated above the level of your chest at all times to minimize swelling.

No smoking! Smoking can cause terrible damage to your healing and can cause your skin to die. At best, it will cause extreme prolonged stuffiness and excess scar tissue under the skin which will ruin your functional and/or cosmetic result. Even second hand smoke is harmful.

If possible, use a vaporizer or humidifier in your bedroom to soothe the internal nasal membranes. If you have forced air or baseboard heat, you MUST use a vaporizer or humidifier.

Please take the medications that are indicated with a check mark. Only medications with a check mark will be given to you. If you are allergic to any of these medications, please let us know! Please eat a bit of food before taking your pills to avoid nausea.

When you fill your prescriptions, the bottles will be labeled **only** with the medical names for your pills and for your reference, these names are in parentheses below.

Antibiotic:

- Keflex** (Cephalexin)- 500mg (1 pill) 2 times a day or if allergic to Penicillin,
- Vibramycin** (Doxycycline) - 100mg 2 times a day

Moderate pain:

- Norco** (hydrocodone bitartrate and acetaminophen) - 1-2 pills every three to four hours as needed.

Nausea:

- Compazine** (Prochlorperazine)- Use one if needed. Never use more than 2 in 24 hours. If nausea returns, and you weigh less than 160 pounds, call the office before using a second suppository.

Anti-swelling:

- Medrol** -take pills as directed on package. Begin taking the morning after surgery.

Constipation:

- Ex-Lax** (or any mild laxative as needed). We suggest you use it to avoid the problem

Multi-Vitamin:

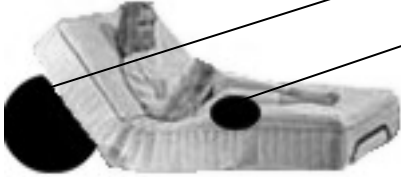
- 1 daily; and **Vitamin C** -take two or more 500mg tablets daily

If you feel stuffy you can use decongestants: During the day- Sudafed- 1 pill every 6 hours.
At night- Benadryl- 25mg before sleep

If constipation or cough develops, please use over the counter medications. Many patients become severely constipated after surgery, therefore we recommend using over the counter laxatives for prevention beginning one day before surgery and call Dr. Gerut if no result.

Apply ice cold water or saline compresses to eyes constantly for the first three days after surgery.

For the first several days after surgery, you **must** sleep with your head elevated. A “craft-matic” type bed or reclining chair is best. If these are impossible- put a **big couch cushion** under the top part of your mattress. This will keep your head elevated adequately. Also place a **pillow under your knees** to keep from slipping downward.



One day after surgery use **1/4% Neosynephrine spray** 2 squirts each side, 3 times each day to prevent stuffiness and saline nasal spray (AYR or Ocean Spray) as much as desired.

If constipation or cough develops, please use over-the-counter medications. Many patients become severely constipated after surgery, therefore we recommend using laxatives for prevention beginning one day after surgery and call us if the problem persists.

Use a Q-tip to gently apply Bacitracin or Neosporin ointment to nostrils and stitches at tip of nose twice a day.

Change drip pad when soiled. Please understand you are not bleeding. The bloody fluid dripping from your nose is what was left after surgery, and is only now reaching the tip of your nose.

High protein diet; no spicy or very hot foods.

Glasses or sunglasses may be worn on splint. **AFTER SPLINT IS REMOVED** use glasses with the small soft cushions rather than glasses with frames resting on the bridge of your nose; until months after surgery.

Face may be washed but do not get splint wet. Do not try to adjust the splint. If it seems loose or falls off, keep it on with tape and come to the office as soon as possible. If the tape on the cast comes off, please **DO NOT** reinforce it. Call the office during regular business hours to schedule an appointment or leave it alone.

Your cast will come off at one week however, the bruising may last slightly longer and the swelling will definitely last longer, depending on many factors including how often you massage as you will be directed. Most patients do not see their final results until months or even one year after surgery. If you develop extra swelling and/or scar tissue this may require special treatment.

After your cast is removed, you will be shown a series of massages that you **MUST DO MANY TIMES** every day to diminish scar tissue build-up under your skin which could ruin your result. We will show you exactly how to do these massages. If you do not do them regularly, you **WILL** not look as good, as fast or at all. In addition, if you do not do the massages, it is more likely that scar tissue will necessitate injections of scar-melting medication into your nose once a month for several months. A video of these massages is on Dr. Gerut's website.

No Aspirin, Buffrin, APC, Fiorinal, Alka Seltzer, Ecotrin, Anacin, Vitamin E or any other medication not directed by Dr. Gerut for one week after surgery.

No contact lenses until eye swelling is gone. Dr Gerut will tell you when you may resume wearing lenses.

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