

Nasal Surgery: Your Recovery



You've just had nasal surgery. During the first weeks after surgery, follow the advice of your healthcare provider. The tips on this sheet can help speed your recovery.

Tips for healing

- Don't take medicines containing aspirin or ibuprofen.
- Don't bump your nose or touch the splint or packing.
- Don't bend or lift.
- Don't do forceful exercises. Follow what your healthcare provider directs.
- Sneeze or cough with your mouth open. This to reduce pressure inside your nose.
- Keep from blowing your nose until you're told it's OK to do so.
- Keep eyeglasses from resting on your nose. Try taping them above the nose.
- Protect your nose from the sun.
- Start saltwater rinses if prescribed after packing is removed.
- Take all medicines as your provider prescribed.
- Keep follow-up appointments with your provider.

Follow-up visits

Your healthcare provider will most likely want to see you within 1 week to check your healing. Any packing, splint, or dressings may be removed at that time. You may feel slight discomfort and bleed a little when this is done.

Checking the results

Your healthcare provider will check your healing and the results of your surgery during later follow-up visits. Talk with them about any problems or concerns you may have.

When to call your healthcare provider

Call if any of these occur:

- More pain, swelling, or bruising
- Fever of 100.4°F (38°C) or higher, or as advised by your provider
- Active bleeding
- Fluid leaking from the nose
- Headaches that don't get better with medicine
- Decreased or double vision

- Stiff neck or very tired feeling

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