Patient & Family Guide
2017

Nose Surgery
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Types of nose surgery

Nasal polypectomy
• Removes polyps (pale, grey swellings that may interfere with breathing).

Septoplasty
• Repairs a deviation of the nasal septum to relieve a nasal blockage or improve sinus drainage.

Septorhinoplasty
• Changes the shape of the nose for cosmetic reasons or to repair an injury. You may need a plaster cast for about 7 days.
Immediately after surgery

• Blood is often swallowed during and after your surgery. It is not uncommon to vomit (throw up) old blood.

• If you feel sick to your stomach, ask the nurse for medication.

• You will have bad breath and a taste in your mouth caused by bleeding, post nasal discharge and mouth breathing. Brushing your teeth and using mouthwash often will help.

• You might have packing in your nose. A small dressing under your nose called a “drip pad” or “moustache dressing” will be changed regularly.

• It is normal to have a little bit of blood on the drip pad.

• It is normal for your nose to be painful or swollen.

• The pain medication ordered by your doctor can be given to you every 4 hours.

• Ask your nurse for medication, if needed.

• You may apply an ice bag on your eyes to help with swelling and discomfort.

• Sleep with your head elevated (raised up) on pillows. This reduces swelling and helps you breathe easier.
• Your intravenous (IV) will be disconnected when you are drinking enough and not feeling sick to your stomach.
• Ring for the nurse to help you get up the first time. You may still be drowsy.
• If you have packing, it will be removed 24-48 hours after your surgery. We will ask you to lie down for an hour after the packing is removed. You will be able to leave the hospital if there is no bleeding at that point.

At home

Safety
• You should not go home alone. Go home with a family member or friend.

Discomfort
• Do not take Aspirin® (ASA, acetylsalicylic acid), Advil®, ibuprofen or similar medications.
• You should take Tylenol® according to the package directions, in addition to your regular medications. Tylenol® will help your medications work and may reduce the dose you need.
• Your doctor may give you a prescription for pain pills.
• Do not drink alcohol while taking pain pills.
For 2 days after surgery:
› do not drive a car

For 2 weeks after surgery:
› do not lift more than 5 pounds
› talk with your doctor about when you can return to work or school

For 2 weeks after surgery, avoid:
› trauma to your nose
› straining
› violent sneezing – sneeze with your mouth open to avoid increasing pressure in your nose
› blowing your nose (for 7-10 days after surgery)
› excessive dryness
› overheating (from sunbathing or hot baths)
› picking your nostrils

What are your questions? Please ask. We are here to help you.
In Nova Scotia you can call 811 to talk with a registered nurse about your health care questions 24/7.
You should:

- Apply Vaseline® ointment to both nostrils twice a day.
- Use more ointment if you have severe crusting and obstruction (blockage).
- Only use nasal sprays if prescribed. Start using these gently the day after surgery if recommended.
- Get plenty of rest.
- Drink plenty of fluids.

Contact your doctor if you have:

- an unusual amount of pain or tenderness
- high fever

If you have slight bleeding from your nose, sit comfortably and lean forward. Firmly compress (squeeze) both nostrils and hold for 3-5 minutes. A cold compress over the forehead may help and feel good. 95% of episodes are controlled this way.

If bleeding does not stop, go to the nearest Emergency Department immediately.
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For more information, go to http://library.novascotia.ca
Connect with a registered nurse in Nova Scotia any time: call 811 or visit https://811.novascotia.ca
Learn about other programs and services in your community: call 211 or visit http://ns.211.ca

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.
Please do not use perfumed products. Thank you!

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The information in this pamphlet is to be updated every 3 years or as needed.