

## Nose Surgery

### Valley Regional Hospital

My surgery is on:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

# Nose Surgery

## Types of nose surgery

### Nasal polypectomy

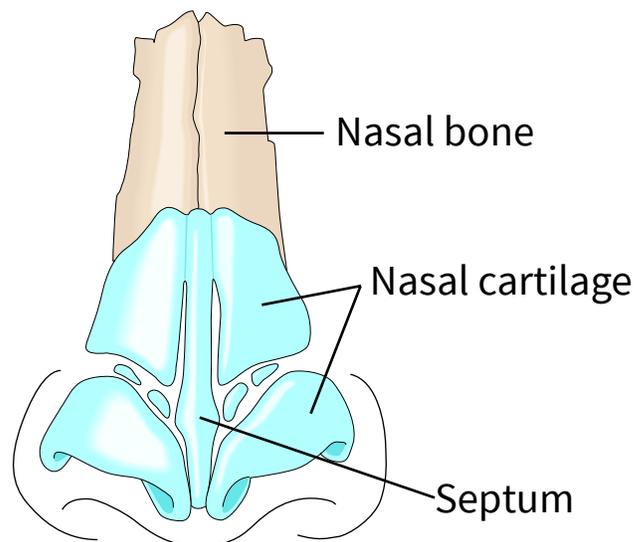
- Removes polyps (tissue growths) that may affect your breathing from your nose.

### Septoplasty

- Repairs a deviated septum in your nose to remove a blockage or improve sinus drainage.

### Septorhinoplasty

- Changes the shape of your nose for cosmetic reasons or to fix an injury. You may need a plaster cast for about 7 days (1 week).



## Getting ready for surgery

- You may need tests before your surgery. This will depend on your general health and the type of surgery you are having. Staff will contact you to arrange for testing before surgery, if needed.
- **Plan to have a responsible adult drive you home and stay with you the first 48 hours (2 days) after your surgery.** This is for your safety.
- If you take medication, please talk with your surgeon before your surgery. They will tell you which medications to take before your surgery with a sip of water, and which ones to stop taking.
- Stock up on fluids like water, juice, Gatorade® or Powerade®, milkshakes, and soups.
- Have acetaminophen (Tylenol®) on hand.

## Medications

### For 14 days (2 weeks) before your surgery:

- **Do not** take any natural or herbal medications or products. These may cause more bleeding.



### For 10 days before your surgery:

- **Do not** take ASA (acetylsalicylic acid, Aspirin®).

### For 7 days (1 week) before your surgery:

- **Do not** take ibuprofen (Advil®, Motrin®).

It is OK to take acetaminophen (Tylenol®).

## The night before your surgery

- Do not eat or drink anything after midnight the night before surgery.



## The morning of your surgery

- You may take your medications as told by your surgeon with sips of water.
- You may brush your teeth.
- Follow any directions you were given at the Pre-Admissions Clinic (if you had an appointment there).
- Take off all make-up and jewelry before coming to the hospital.
- If you have long hair, pull it back with an elastic.
- We recommend that your face is clean shaven.
- Nova Scotia Health is smoke-free and scent-free. Please respect this policy. **Do not** use scented products (like perfume, after shave, scented hair spray).

## Tell your surgeon if you:

- › Become sick (have diarrhea [loose, watery poop], vomiting [throwing up], nausea [upset stomach]) before your surgery
  - › Have a cough, cold, or fever (temperature above 38 °C or 100.4 °F)
- Give yourself plenty of time to find parking.

## Bring with you on the day of your surgery:

- Provincial health (MSI) card
- Private medical insurance card (if you have one)
- All of your medications (including prescription and over-the-counter products, inhalers, creams, eye drops, patches, herbal products, vitamins, and supplements) in their original containers
- CPAP machine (if you use one)
- A container or bag for the ride home in case you vomit

## My appointment

- Your surgery may be cancelled if you are late.
- If you are not able to keep your appointment, call the booking office as soon as possible:
  - › Phone: 902-679-2657, extension 2401
- Arrive 2 hours before your scheduled surgery time or at the time your surgeon's office told you.
  - › If your surgery is scheduled for 8 a.m., please arrive by 6:15 a.m.
- **Go through the main entrance and register at Central Registration.**
- Delays in the O.R. may cause a change in your surgery time. There is a chance that your surgery may be cancelled if there is an emergency. If this happens, your surgeon's office will call you to arrange a new date.

## Right after surgery

- You may have swallowed blood during and after your surgery. You may vomit old blood.
- If you have nausea, ask your nurse for medication.
- You may have bad breath and a strange taste in your mouth. This is caused by bleeding, post-nasal discharge (fluid), and mouth breathing. It may help to brush your teeth and use mouthwash often.
- You may have packing in your nose.
  - › This packing is usually dissolvable (goes away on its own). You can wash it out with saline (salt water) 2 to 3 days after your surgery.
  - › If the packing is not dissolvable, it is usually removed 2 to 3 days after surgery.
- You will have a small dressing under your nose called a **drip pad** or a **moustache dressing**. We will change this regularly.
- It is normal to have bleeding and a mild headache for 7 to 14 days (1 to 2 weeks) after your surgery.
- **It is normal to have clear nasal discharge.**
- It is normal for your nose to hurt and be swollen.
  - › To help with swelling and discomfort, you may put a bag of ice wrapped in a towel on your eyes.
  - › If you are in a lot of pain, please tell your nurse.

- Sleep with your head raised up on pillows. This will help to lower swelling and help your breathing.
- If any bones were broken and set during your surgery, it is normal to have swelling and bruising under and around your eyes.
- It is normal for your top teeth and lip to feel numb. This usually goes away after a few weeks to a few months.
- You may have stabilizers (splints) inside or outside your sinuses. These will be removed at a follow-up appointment 2 to 3 weeks after your surgery.
- Your intravenous (I.V.) will be taken out when you are drinking well and do not have an upset stomach.
- **Do not** get up for the first time on your own. Ring for the nurse to help you. You may still be drowsy.
- **Do not** blow your nose forcefully for 7 to 10 days after your surgery.

## After you leave the hospital

### Safety

- You must have a responsible adult with you when you leave the hospital. **You cannot leave the hospital alone.**

### Medications

- You will be prescribed an antibiotic.
- Take Tylenol® with your regular medications. Follow the package directions. **Do not** take more than 4 grams (4000 mg) of Tylenol® a day.
  - › Taking Tylenol® regularly will help your prescription pain medication work better and may lower the amount of prescription pain medication you need.
- **Unless your surgeon tells you it is OK, use caution or avoid taking:**
  - › Acetylsalicylic acid, also called ASA (Aspirin®)
  - › Ibuprofen (Advil®)
  - › Medications that have ASA or ibuprofen
 If you have bleeding after surgery, these medications may make it worse.

- Your surgeon may give you a prescription for pain medication.
  - › **Do not** drink alcohol while taking pain medication.
- One (1) day after your surgery, you can wash your nose out with saline (salt water). You can make your own or buy it at a local drugstore.



### **For 2 days after your surgery:**

- **Do not** drive a car.



### **For 14 days after your surgery:**

- **Do not** lift anything heavier than 5 pounds.
- Talk with your doctor about when you can go back to work or school.

### **For 2 weeks after surgery, avoid:**

- › Hits to your nose (if you had a **septorhinoplasty**)
- › Straining while going to the bathroom (pooping) (ask your doctor about stool softeners, if needed)
- › Violent sneezing or coughing through your nose (sneeze or cough through your mouth instead)
- › Dry air
- › Overheating (like sunbathing or hot baths)
- › Picking your nose

### **To help with your recovery:**

- Put Vaseline® ointment in both nostrils 2 times a day.
  - › Use more ointment if you have severe (very bad) crusting and blockage.
- **Only use nasal sprays if prescribed.** Start using them gently the day after your surgery.
- Get plenty of rest.
- Drink plenty of fluids.
- **Do not** use steroid sprays until all stents, splints, and packing have been removed or flushed unless told otherwise by your surgeon. This is usually in 2 weeks.

**Call your primary health care provider (family doctor or nurse practitioner) or surgeon if you have:**

- › An unusual amount of pain, swelling, or tenderness that does not go away even after taking pain medication
- › Fever (temperature above 38 °C or 100.4 °F)

**If you cannot reach them, go to the nearest Emergency Department right away.**

## **Bleeding**

- It is normal to have mild bleeding from your nose for 7 days.
- If you have mild bleeding:
  - › Sit comfortably and lean forward.
  - › Firmly squeeze your nostrils together. Hold for 3 to 5 minutes.
  - › It may also help to put a cold compress on your forehead.
- **To make a cold compress:**
  - › Fill a large bowl with ice cubes and cold water.
  - › Put a few clean facecloths in the bowl.
  - › Remove 1 facecloth from the bowl and squeeze out any extra water. Fold the facecloth and put it over the bridge of your nose for 20 minutes. Then replace it with a new facecloth from the bowl.

**Go to the nearest Emergency Department right away if you have severe bleeding that:**

- › Does not stop
- › Affects your sleep
- › Stops you from doing your usual activities

## **Possible complications if you had polyps removed**

- A rare complication of this surgery is leaking fluid from around your brain through your nose.
  - › The fluid may be clear or it may be mixed with blood that tends to stay in the centre surrounded by clear fluid when dropped on a paper towel.
  - › There may be more drainage when you strain.
- This can happen for 1 to 4 weeks after surgery.

**Call your surgeon or go to the nearest  
Emergency Department right away if you have:**

- › A salty taste
- › Headache which gets worse when you stand up
- › Double vision
- › Bulging of the eye

**What are your questions?  
Please ask a member of your health care  
team. We are here to help you.**



This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:  
[www.nshealth.ca/patient-education-resources](http://www.nshealth.ca/patient-education-resources)

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

*Prepared by:* Otolaryngology, Head and Neck Surgery, Valley Regional Hospital  
*Illustration by:* LifeART Super Anatomy 4 Images, Copyright © 1994,  
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