

Nose Reconstruction

Post-Operative Instruction

Shower: Keep nasal splint dry

Ice: Keep ice to eyes, first eight hours until nighttime sleep or for “comfort”

Elevate: Elevate head of bed - elevated 45 degrees

Snuffer: Change snuffer PRN

Note amount and color of drainage

Serious to clear, thin drainage may be copious for several days

Thick, clots and dark red drainage needs to be reported to your physician.

Additional Instructions

- Encourage patient to breathe through his/her mouth.
- You or your family member will be instructed how to change snuffer.
- Keep splint dry. If becomes wet or loose-notify physician immediately.
- Do not disturb packing – if packing begins to fall out or if patient feels packing in back of throat, call physician.
- Much bruising and swelling is normal around eyes.
- Avoid bumping nose.
- Avoid sneezing. Your nose will expel nasal packs. If necessary, sneeze with the mouth open.
- Comfort measure – Always keep large ice water at bedside to drink in the middle of the night. Throat becomes extremely dry when sleeping.
- OK to use nasal decongestant (e.g. Sudafed) for comfort.
- Avoid any products with aspirin.

If you have any questions, please do not hesitate to contact our office at (269) 372-3000