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GENERAL NASAL SURGERY INSTRUCTIONS

PLEASE DO NOT TAKE ASPIRIN ONE-MONTH PRIOR TO SURGERY.

NO MOTRIN, ADVIL, ANAPROX OR ANY OTHER IBUPROFEN PRODUCTS.
NO HOMEOPATHIC MEDICATION AND NO HERBS **FOUR WEEKS PRIOR TO SURGERY**, UNLESS PRESCRIBED OR APPROVED BY DR. DUGAR.

TYLENOL is the **ONLY** other medication allowed for pain.

PRIOR TO SURGERY:

-**ABSOLUTELY NO SMOKING FOR FOUR WEEKS BEFORE AND AFTER SURGERY.**
SMOKING DELAYS AND INTERFERES WITH HEALING.

-**NO ALCOHOL FOUR WEEKS PRIOR TO SURGERY**, THIS SLOWS THE HEALING PROCESS.

-**NO CAFFEINE FOR TWO WEEKS PRIOR TO SURGERY.**

-**NO CITRUS JUICES FOR 24 HOURS BEFORE SURGERY**- CITRUS IS VERY ACIDIC WHICH MAY IRRITATE YOUR STOMACH.

- **NO PROLONGED SUN EXPOSURE FOR 10 DAYS PRIOR TO SURGERY.** i.e. NO SUNBATHING ETC. TO AVOID SUNBURN.

PRE-OP MEDICATIONS - TO PREVENT BRUISING and INFECTION:

BACTROBAN (Mupirocin) OINTMENT – APPLY SMALL AMOUNT TO THE FRONT PART OF THE INSIDE OF YOUR NOSE 3 TIMES PER DAY WITH A CLEAN Q-TIP FOR 5 DAYS PRIOR TO SURGERY AND CONTINUE AFTER SURGERY FOR 10 DAYS.

ARNICA- START 7 DAYS PRIOR TO SURGERY (5 PELLETS UNDER YOUR TONGUE 3 TIMES A DAY) AND CONTINUE AS NEEDED FOR BRUISING AFTER SURGERY.

ABSOLUTELY NO EATING OR DRINKING AFTER 12 MIDNIGHT THE NIGHT BEFORE SURGERY (NO WATER, ICE, GUM, CANDY, ETC.)

DAY OF SURGERY:

- Do NOT bring any valuables with you the day of surgery.
- You MUST remove ALL jewelry. This includes earrings, rings, necklaces, watches, bracelets, etc.
- You MUST let us know of any and all body piercings/jewelry (tongue piercing, nipple rings, belly ring, etc.) that you have.
- Do NOT wear contact lenses day of surgery, you may wear your glasses.
- Wear a Zip-Up or Button Up Top – We do NOT want your arms over your head. NO JEANS.
- You MUST bring in your after surgery medications, the nurses will double check you have the correct medications.

- Remove ALL fingernail polish (toenail polish is fine).
- Provide the operating room staff with the contact information of the person(s) who will be picking you up and taking care of you for the first 24 hours after surgery.

FOLLOWING NASAL SURGERY:

- Stay in bed and sleep with your head elevated on 2 pillows for the first 24 hours.
- Do not be alarmed about some bleeding from the nose. It is normal and your gauze dressing will collect the blood. It should be changed only when saturated.
- Use ice compress continually on your eyes until 10:00 pm. Intermittent ice compresses are very important for at least 10 days after surgery, this will help to reduce any swelling.
- The outside of the nose may be cleaned with Q-tips soaked in hydrogen peroxide.
- Use Sterile Q-tips to apply BACTROBAN (Mupirocin) Ointment inside the nose 3 times a day for 10 days following surgery.
- You may breathe through your nose (unless you have nasal packing inside the nose – see below)
- Take medications as prescribed.
- Eat a soft, light, and cool diet as tolerated.

DIET SUGGESTIONS: (AFTER SURGERY)

SMALL PORTIONS TO BE EATEN FREQUENTLY

Eat a high protein diet. We recommend poached fresh fish, 8-10 almonds soaked in water for 4-6 hours (to make them soft.) Both almonds and fresh fish are a good source of protein. Pasta in a light sauce, brown rice, oatmeal, cream of wheat, oat bran, salads, tofu, soymilk, and fresh fruits.

NOTHING HOT, CRUNCHY OR SPICY.

FOODS TO AVOID:

- Alcohol, Salt, MSG in Chinese food, anything crunchy or hot, caffeine and NO SMOKING.
- NO DAIRY
- Eat before coming to the office for post operative visits.

FOR PATIENTS WITH PACKING AFTER SEPTOPLASTY/NASAL SURGERY ONLY:

- After the packs are removed, you may breathe through your nose, but DO NOT blow your nose for 7-10 days. When sneezing, allow the pressure to come through your mouth. NO gum chewing.
- Rest for the first week after your surgery. Avoid bending over, excessive talking, smiling hard chewing, lifting heavy objects, strenuous exercising, or getting your cast wet.
- You will have light blood-tinged drainage from the nose for several days.

- If your nose begins to bleed, place a small piece of cotton soaked in 1/2% Neo- Synephrine nose drops into the nostril and relax. (This can be purchased at any pharmacy) If bleeding continues call the office.
- DO NOT brush your front teeth for the first day after surgery. On the second day brush VERY gently.
- If you need to travel by airplane, ask the doctor. Generally, you may fly 8 days after surgery.

CONTINUED HEALING CARE AFTER CAST REMOVAL:

- After the Cast/Dressings are removed, avoid striking or bumping your nose or laying on it.
- Clean the external nasal skin gently but thoroughly with any mild soap.
- DO NOT expose your nose to the sun for 4-6 weeks.
- Use a sunscreen for six weeks after surgery.
- Avoid swimming for one month and diving for two months.
- No running, no forward head bending. Light exercises can be resumed at ten days post-surgery as long as there is no jarring to the nose and no forward bending involved.
- Your nose may be swollen and stuffy for several months after your surgery. Immediate post-operative visits are imperative to monitor the healing process.
- The healing process of the nose creates ongoing changes in the shape of the nose, therefore it is recommended that you come in for monthly follow-ups for one full year.
- Do NOT wear any heavy glasses and/or sunglasses after surgery unless approved by Dr. Dugar.
- If there is any excessive pain, excessive bleeding, or a temperature of over 101 degrees, call the office at 310-276-1703.