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INSTRUCTIONS FOR NASAL SURGERY

BEFORE SURGERY

Do not take aspirin, Excedrin, Ibuprofen, Motrin, Advil, Aleve, or any other non-steroidal anti-inflammatories, for two weeks prior to surgery and for one week after surgery. These medications interfere with normal blood clotting. You may take Tylenol, if needed, for minor aches.

Purchase a large bag of frozen green peas or corn and one box of snack size Ziploc bags. Fill six of these bags with the frozen vegetables and place them in the freezer. These will be used immediately after surgery for cold compresses on the eyes and cheeks to decrease the bruising and swelling.

Self-Quarantine after the COVID-19 test has been administered during your pre-op.

Telephone the office if you notice any signs of fever, infection, pustules, or a cold.

For a period of two days prior to surgery, use antibacterial soap (Dial, Safeguard, Phase III, etc.) for cleansing you face.

Beginning 2 days prior to surgery, begin taking the Arnicare provided by our office. Follow the instructions provided with the kit (5 pills, under the tongue, 3 times/day).

Eating fresh pineapple may help to reduce pain and swelling associated with your surgery. Avoid pineapple if you have an allergy to pineapple or cardiac arrhythmia.

You may brush your teeth the morning of surgery; but **have nothing to eat or drink after midnight the night before surgery**. If you take any medications for blood pressure or your heart, please take them with a sip of water as scheduled.

On the day of surgery wear a loose fitting, button-up shirt, blouse, or shirt type dress, which has been freshly laundered. Avoid clothing that requires it to be put on over the head. Do not wear pantyhose, boots, and girdles.

Do not wear any make-up, nail polish or jewelry to the surgery center.

Wear a face mask or protective covering to the surgery center.

If you wear contact lenses, be sure to bring a case and solution as your contact lenses will need to be removed prior to surgery. You will be able to put your contact lenses back in approximately one day after surgery.

Please park on the second floor of our parking structure. This is the level that you will be discharged.

When you arrive for surgery, you will advise the facility who is to be called to take you home. **Your companion may not enter the office or wait in the office during your surgery (unless you are a minor)**. Once you have been transitioned to the recovery room, your designated ride will be contacted. Your ride will need to arrive within 30 minutes for instructions and discharge.

You **must** have someone spend the first night with you.

Patient: «Person_First_Middle_Last»

AFTER SURGERY

Go directly home and remain in bed for 24 hrs. You may have bathroom privileges with assistance. Take medications as directed**. NO alcohol while taking your prescribed medications.

As soon as you return home, start using cold compresses over the eyelids using the frozen vegetables. Use the cold compresses while awake for 48 hours after surgery. You should allow the compresses to stay on the area in 15-20 minute intervals.

You may have small quantities of **COLD** liquids as desired and/or tolerated during the first night (use of a straw is helpful). It is advised that you eat a very small amount of pudding or yogurt to coat the stomach prior to taking pain medication. **If you are experiencing any nausea, avoid taking the anti-biotic and/or pain medication until the nausea subsides or until the following day when you may progress to a soft diet. After that, you may eat as desired and/or tolerated. Hot and/or spicy foods may cause additional swelling.

You will have a nasal splint over your nose that needs to remain dry. The nasal splint will be removed in the office on the seventh postoperative day. The splint should not be removed except in this office.

The small gauze dressing under the nose will require changing every few hours after you go home.

Keep your head above your heart for the first two weeks after surgery. You will be most comfortable while in bed if you use two pillows to prop your head up.

If you need to bend over, bend from the knees, **NOT** the waist.

DO NOT blow your nose or smoke until told you may do so. Further instructions regarding cleansing the nose, ect. will be given to you at each visit.

Appointments should be kept on the proper days to ensure that you are healing on schedule.

Avoid getting overheated, sunbathing, and/or **HOT** or spicy foods until told otherwise. Additionally, avoid any exercise and/or strenuous activity that could potentially elevate your heart rate or blood pressure for four weeks after surgery.

Glasses are not to be worn for approximately eight weeks after surgery.

Should you have a question or concern during office hours:

Monday – Friday 7:30am – 6pm (Closed 12pm - 1pm for lunch)

Saturday 7:30am – 4pm (Closed 12pm – 1pm for lunch)

Please call the office at (818) 500-0823.

In the event of an emergency **AFTER** hours / **AFTER** surgery:

Please send a text message to (818) 458-0340. Dr. Vartany will respond immediately.