

DRS. GEHRIS, JORDAN, DAY & ASSOCIATES, LLC

Head and Neck Surgery . Ear, Nose and Throat Surgery . Facial Plastic & Reconstructive Surgery

Otolaryngology – Head and Neck Surgery

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DISCHARGE INSTRUCTIONS FOR NASAL SEPTAL RECONSTRUCTION

DIET: Encourage liquids. Soft foods, i.e., foods that do not require a lot of chewing. For mouth breathers take small bites.

ACTIVITY: No strenuous activities such as sports, housework, yard work. No bending over from waist, i.e., putting on shoes or picking up objects from the floor. Keep from getting over heated, use air conditioning if necessary in summer. Use 1-2 pillows to avoid lying flat.

DRESSINGS:

1. Change the drip pad or “mustache pad” when fairly well soaked. A clear to bloody Drainage is normal. Use the drip pad as long as drainage is present.
2. Splint over the bridge of the nose – avoid touching or dislodging this splint and keep it dry.
3. Strings holding the packing may be taped to the cheeks. Keep these strings and tapes in place.

COLD COMPRESSES: Place ice water in a small bowl or basin. Use wash cloth or 4 x 4 dressings – wet thoroughly and place across upper eyes and forehead. You may place them across cheeks. Avoid putting wet compresses on bridge of nose. Avoid using solid ice packs especially on bridge of nose.

CALL YOUR DOCTOR IF:

1. Drip pads soak through 20 times in a brief period of time.
2. Vomiting.
3. Fever.
4. Pain not controlled by medication.

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