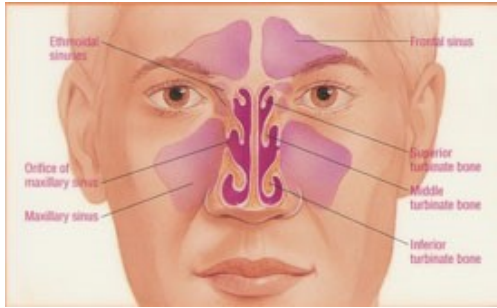


NASAL SURGERY

DISCHARGE INSTRUCTIONS



Patients may go home the same day or may stay overnight.

They can have light meal (clear fluid) soon after they are a wake then progress to normal diet.

Expect to have:

- Mild nasal pain, swelling and discoloration under the eyes
- Bloody nasal discharge after the surgery turn to brown discharge that might persist up to 3 weeks.
- Pain which can be controlled by pain killer.
- Might required nasal pack which will be removed as per doctors order.
- Might required nasal splint or silastic sheet which will be removed at clinical visit

Avoid:

- aspirin and ibuprofen as coagulopathy medication that might enhance bleeding.
- Forceful nasal blowing or sniffing (in case of sneezing, you have to open your mouth)
- Nasal trauma and heavy sport.
- Allergen
- Smoking, that might delay healing

Depend on your condition, you might required antibiotic, nasal irrigation and spray (follow the pharmacy instruction)

In case of nasal bleeds:

- Apply iced pack over the back of the neck or forehead while sit up straight and gently press over the lower part of the nostrils and avoid swallow the blood if reached the mouth
- In case did not stop, go immediately to the emergency.

Visiting the emergency room required if patient have:

- Fever higher than 38.5 °C
- Breathing difficulty.
- Headache, Loss of appetite, Nausea or Vomiting.
- Continuous nosebleed for more than 10 minutes despite the above instruc-

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