

Post-Operative Instructions Following Nasal Surgery
(Both Functional & Cosmetic)

Clinic Phone Number: 801-449-9990

1. Post-operative care:

2. **Immediately after your surgery-** Go to www.MobleyMD.com/care. There are post-op care video(s) for you to watch to show you how to care for your nose. You should do your first cleaning the first evening following your surgery then continue to clean as needed.

3. Following Surgery:

- Some nasal bleeding after surgery is normal. If the bleeding seems excessive use the AFRIN nasal spray. Do what we call “panoramic spraying”. That means, place the tip of the Afrin bottle in each nostril and do 4 good sprays in each direction- up, down, to the midline, and to the side. This will reduce the nasal dripping in almost all situations.
- When you awake, you will have a splint taped to the bridge of your nose. This is not to be removed and should be kept dry for the week that it is on.
- You may have sponges in each nostril. You are not to loosen or remove these; they are placed in the nostrils to prevent bleeding. These will be removed by Dr. Mobley or his staff at your first post-operative appointment.
- A drip pad or “mustache dressing” may be taped to your upper lip. This serves to collect any nasal drainage and prevents you from wiping or dabbing your nose. This can be changed as needed. This dressing should rest on your upper lip and **not** touch the tip of your nose.

- If ear cartilage is used you will have a cotton bolster sewn to your ear. This will be removed one week after surgery. Try not to get this wet for the week that it is on. Expect your ear to be very sensitive for several weeks after surgery; ears tend to ache longer than the nose does.

4. How you should expect to feel after surgery:

- General Anesthesia can make you feel groggy for up to 48 hours after surgery. This can cause nausea and sometimes vomiting. Keep yourself hydrated with water, 7-up, Gatorade, or other sport drinks. Eat a bland diet (saltine crackers and broth for starters).
- After surgery you will have some pain and discomfort due to the surgery, which is to be expected and should be controlled with pain medications (Tylenol or prescription pain medications only)
- **Escalating, severe pain is not typical and should be addressed.**
- You will have swelling, which is common after nasal surgery. You may use ice in a Zip-lock baggy or a bag of frozen peas placed on the bridge of the nose for 20 minutes on and 20 minutes off. Swelling usually peaks at day 3, and usually subsides after that. It is not uncommon for some minor swelling to last 2-5 weeks after surgery. Each patient is different in their healing process.
- When resting, elevate your head above your heart to help decrease swelling for the first 3 days after surgery. An extra pillow or two is usually all that is needed. Sleeping sitting up is not necessary.

5. Pain Management:

- Dr. Mobley will prescribe a narcotic pain medication to help control your pain after surgery. Our RN will explain in detail how and when to use them. **If you have any allergies or issues (nausea, itching, or sensitivities) with a certain pain medication, please let them know in advance, so they are able to give you a more compatible pain medication prescription.**

- **Tylenol is the ONLY over-the-counter pain medication you are able to take after surgery for seven days. No aspirin, Alleve, or Ibuprofen. They can all cause bleeding.**
- Common side effects of narcotics include:
 - Constipation: Take stool softeners (Mira Lax), increase fluids, walk more.
 - Nausea: Decrease narcotics, use a suppository, and take medication with food.
 - Loss of appetite: This will improve over time and once you stop taking the narcotic.
 - Sleepiness: This will improve once you stop taking the narcotics.
 - You should **NEVER** drive or consume alcohol while taking narcotic pain medication.

6. Activity/Exercise:

- Following your surgery, **NO** strenuous activity or exercise should be performed for the first week.
- **Light mobility is encouraged and is vital to your recovery. Take short, frequent walks around your house to decrease the chances of any complications, to avoid developing a leg blood clot, and maintain good circulation.**
- **Do not lie in bed for extended periods of time.**
- One week following surgery you can begin to increase your activity by 15% each day. By the 14th day following surgery you should be back to your normal activities.

7. Wound care:

- The most important rule is to keep the area **clean** and **moist at all times**. This is important for good healing of the wound. At your post-operative appointment we will show you how to clean your nostrils. You are able to bathe after surgery, just make sure and keep the splint on your nose dry.

8. Nasal exercises:

- If part of your nasal surgery was to correct a crooked nose, sometimes a “nasal exercise” handout is given to the patient. Dr. Mobley will give you this if needed.

9. Common question following nasal surgery:

- **My nose is really stuffy, what can I do?** Dr. Mobley recommends this routine- 1) Spray Afrin 2-4 sprays in each nostril, 2) wait 15 minutes, 3) Get into a hot and steamy shower

and bring your saline spray bottle with you, 4) Spray several squirts of saline nasal spray in each nostril while “snorting” it in, 5) Snort the saline to the back of your nose and spit out the mouth. This is an effective way to open up your stuffy nose.

- **Can I blow my nose?** No. Dr. Mobley discourages you from blowing your nose for the first week following your surgery. Using a nasal saline rinse in each nostril daily will keep the nasal passage clean and move any debris from your nose to the back of your throat, and that can be spit out.
- **What if I need to sneeze?** If you feel the need to sneeze, try and direct the force through your mouth and prevent as much air pressure going through the nose.
- **Can I wear eyeglasses?** Glasses can be worn comfortably on top of the white nasal splint. If you had cosmetic surgery on your nose and the nasal bones were fractured, you are **NOT** to wear eyeglasses once the splint is removed from your nose for 6 weeks after your surgery. Please ask Dr. Mobley or staff if you are unsure and eyeglasses are essential.
- **Can I go swimming?** While you have the white splint/cast on your nose this is not to get wet for the week that it is on. Once the cast is removed, light splashing in a chlorinated pool or hot tub is okay. Do not submerge yourself in chlorinated water until 3 weeks after surgery, and do not swim in any lake or seawater for a month following surgery.

10. Return to work:

- In most cases you will be able to return to work within 3-9 days from your surgery. Each patient is different in their healing process, so this can be discussed at one of your post-op appointments. A return to work form can be given to you at that time.

Signature: _____

Date: _____

ON-CALL POLICY

Dr. Mobley is in solo private practice. This arrangement ensures many benefits for patients, such as a very customized office surgical experience. Every effort is made to be available to patients as much as is humanly and reasonably possible but no one doctor could himself be available to every patient 24 hours a day, 365 days per year. Dr. Mobley maintains several on-call relationships with doctors in the valley including Scott Haupt, MD, John Bitner, MD, Scott Thompson, MD, Lucy Barr, MD and Rick Aoki, MD. Dr. Mobley is also a member of St. Marks Hospital where fellow Facial Plastic Surgeon Dr. Randal Swenson is affiliated. Dr. Mobley is also a clinical adjunct Asst. Professor of Surgery at the University of Utah Hospital and has a close relationship with P. Daniel Ward, MD.

If you were to experience a serious concern after business hours or on the weekend, you should first try contacting Dr. Mobley. In most cases, he will be able to assist you via his cell phone but if he is out of town and you need to be seen in person, it is very likely that one of the doctors mentioned above would be available to assist in your care. The after hours "emergency" number is 801-989-7407. After that, your options would include going to the emergency rooms of St. Mark's Hospital, or the University of Utah Hospital, all of which should have an otolaryngologist and/or a plastic/facial plastic surgeon on call who can provide proper emergency / urgent medical care. If your home is more than a few hours from Salt Lake City, you may wish to contact a local ENT surgeon or facial/plastic surgeon rather than traveling to Salt Lake City.

IN THE CASE OF A LIFE-THREATENING EMERGENCY, YOU SHOULD PROCEED DIRECTLY TO THE NEAREST EMERGENCY ROOM RATHER THAN TRYING TO CONTACT DR. MOBLEY OR ANY OF HIS ASSOCIATES AND THEREBY DELAYING TREATMENT.

With over a decade of experience, Dr. Mobley has found that true on-call emergencies are fortunately few and far between. The purpose of this policy is to inform you that every effort will be made to connect you with Dr. Mobley in the rare event of a true on-call emergency. If Dr. Mobley is unavailable, you should have confidence knowing that there are several different options for you to pursue, including seeking care in an emergency room. The chances of any one patient needing this care are quite small but in healthcare there is no such thing as zero risk, so we provide this information to you with full transparency.

Signature: _____ **Date:** _____

Caregiver signature: _____ Date: _____