



POST-OPERATIVE INSTRUCTIONS FOR NOSE

1. Nasal packing will be removed / changed on __/__/20__ at __:__ AM.
2. Headache, discomfort in breathing, watering of eyes, dryness in throat are common till the nose is blocked with packing. Once it will be removed, these complaints will be solved.
3. Till the nose is blocked with dressing, it is advisable to take small bites as eating and breathing both activities are done via same passage.
4. External dressing of the nose can become blood-stained and 3-4 times of changing of the same is common.
5. Toothache is common after nasal surgery.
6. Even after removal of nose pack, blockage sensation is possible for 3 weeks (healing period). By that time nose picking and nose blowing are not allowed.
7. Care should be taken to avoid any kind of injury over nose for at least 3 months. One should not sleep in prone position as it produces pressure over nose.
8. Patient should take care of not having cold for at least 3 months and for that close contact of the persons having cold and cold items (ice-creams, cold drinks etc) should be avoided.
9. Medicines should be taken regularly as explained. Regular steam inhalation is necessary as well.
10. To come for follow-up at clinic on day at .
11. Do steam inhalation. Then lie down with pillow under your shoulders, pour 2-3 drops in both the nostrils. While pouring drops keep on speaking K... K..., which does not allow the drops to go directly into the throat.
12. Mix 1/2 tsf of vicks and about 1 litre of boiled water in a vessel . Keep your face at least 1 foot away from boiling water while steam inhalation. Steam Inhalation Machine can also be used.
13. You have been prescribed NASOCLEAR NASAL WASH, wash both the nostrils properly with it. This is the modernization of cleaning nose described as “JAL NETI” in “AYURVEDA”.
14. Endoscopic Suction cleaning of nose is necessary once in a week and for that come on __/__/20__ at CHANDRAPRABHU clinic at __:__ AM/PM