



DAYTON  
**HEAD & NECK**  
SURGEONS, INC.  
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## Nasal Surgery

### POSTOPERATIVE INSTRUCTIONS:

1. If you have nasal packing, it will be removed by your physician in 24 to 72 hours.
2. You may have an internal plastic nasal splint sutured inside your nose. This will be removed by your doctor 5-10 days after your surgery.
3. If your external nasal bones were operated on (for example: nasal fracture or rhinoplasty), you may have a splint on the outside of your nose which will be removed in approximately 5-10 days by your surgeon. If the splint comes off earlier than 5 days, please call the phone nurses at 937-496-0261.
4. DO NOT:
  - a. Blow your nose
  - b. Do any heavy lifting over 15 pounds
  - c. Do any physical activity, including vigorous exercise
  - d. Sneeze. If you must sneeze, hold the nose gently and allow it to exit through the mouth.
  - e. Bend at the waist allowing the head to be below the heart.
5. To control nosebleeds:
  - a. Gently apply direct pressure to the nose by pinching the nostrils. Keep the head elevated.
  - b. Call our office or go to the emergency department if bleeding is excessive.
6. To help with nasal congestion:
  - a. Use saline nasal spray 10-20 times a day for dryness and crusting.
  - b. You may take decongestants and antihistamines for allergy symptoms if your surgeon has approved it.
  - c. A bedside humidifier can be used while you sleep.
  - d. Increase the amount of fluid intake compared to your normal routine.
7. Any refills for pain medication will need to be called in during **normal business hours**. Any after hour requests **will be denied**.
8. Any problems or questions that may arise during your postoperative period should be addressed by calling the phone nurse at (937) 496-0261 between the hours of 8:30 am and 5:00 pm. For emergencies after hours or on weekends, call the main office number (937) 496-2600 and the medical society will notify the physician on call.

*Head & Neck Surgery • Ear, Nose, Throat & Sinus Surgery • Pediatric ENT • Voice Analysis & Rehabilitation*

**Main Location**  
369 W. First St.  
Suite 400  
Dayton, OH 45402  
(937) 496-2600

**Englewood Office**  
9000 North Main St.  
Suite 238  
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**Troy Office**  
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