

## **CRANBROOK HEALTH COUNCIL**

### **Patient Information Sheet NASAL SURGERY**

**You have come to the hospital to have surgery on your nose and/or sinuses.**

**After your surgery, you will have packing in your nose for about two to three days, so you will have to breathe through your mouth. To help ease your dry mouth and throat, you could hold a damp cloth in front of your mouth. The packing will be removed by Dr. Jewett either in the hospital or in his office. You will be given a prescription for pain medication.**

**For at least 7 days after your surgery you should:-**

- 1. NOT take any aspirin products;**
- 2. You must put ice on your face diligently for the first two days; otherwise the swelling will increase more than desired. Also, regularly check your vision and notify the nurse if you find your sight decreased. This is a very rare and remote complication and can be avoided with your co-operation;**
- 3. AVOID alcohol;**
- 4. DO NOT blow your nose;**
- 5. SNEEZE with your mouth open;**
- 6. DO NOT drink hot fluids or eat hot foods;**
- 7. DO NOT have a hot bath, shower or sit in a hot tub. The heat tends to increase the possibility of bleeding;**
- 8. TAKE IT EASY, with NO heavy lifting or bending. This increases your blood pressure, pulse, and temperature;**
- 9. After the packing is removed, you should apply neosporin or polysporin ointment three times daily to both nostrils with a Q-tip;**
- 10. Avoid any strenuous activity until Dr. Jewett sees you. Please call his office (489-3323) and arrange an appointment time.**
- 11. Do not hesitate to ask questions of the nurses, physicians or their offices. Any constructive criticism would be welcomed.**

**NOTIFY DR. JEWETT IF YOU HAVE ANY EXCESSIVE BLEEDING OR IF YOU HAVE A TEMPERATURE EITHER AT HIS OFFICE OR THROUGH EMERGENCY.**

**We hope you have a speedy recovery.**