

Information for Pre and Post Nasal Surgery

- The following medications are NOT to be used one week before or after surgery unless directed by your physician, as they may cause bleeding.
 - Aspirin, Coumadin, Plavix, Ticlid, Warfarin, Eliquis, Pradaxa, Xarelto
 - “Anti-inflammatory” (except Advil/ibuprofen) or “blood thinner” medications
 - ANY herbal, naturopathic or homeopathic medications
- If you are not sure, ask the doctor.
- It is useful to remain relatively quiet and restful for the first few days after surgery.
- A low grade fever during the first 48 hours after your operation is not unusual and is best controlled with Tylenol (Acetaminophen). If it persists, contact the doctor’s office.
- Your nose may feel extremely congested after surgery – this is temporary, and is not unusual. It will improve over the first two weeks after surgery.
- Nasal discharge and slight bleeding are not uncommon for the first few post-operative days. If it persists or is excessive, please go to an Emergency Room or contact your surgeon’s office.
- DO NOT blow your nose until after the first post-operative visit. If you have to sneeze, do so with your mouth open.
- DO NOT engage in ANY major physical activities that can increase heart rate or blood pressure until the first post-operative visit.
- A key to successful nasal surgery is the use of nasal sprays after surgery. They are essential to keep the nose clean and facilitate healing. Please make sure to use the sprays as directed on your prescription – this can make all the difference and help to achieve a good surgical outcome.

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