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**Deborah J. White, MD PC**  
Aesthetic & Reconstructive Surgery

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***NASAL SURGERY POST-OPERATIVE INSTRUCTIONS***

1. You may have a nasal splint in place over your nose. If you do, **DO NOT REMOVE IT FOR ANY REASON**. If it becomes loose, place tape crossing from cheek to cheek to hold your splint in place. The splint must be kept clean and dry.
2. You may have packing in your nostrils. If you do, **DO NOT REMOVE IT**. Avoid sneezing. If you have to sneeze, do so with your mouth open. **DO NOT BLOW YOUR NOSE**.
3. Avoid heavy lifting, heavy activity, and bending over after surgery.
4. Your splint is usually removed after 7 days.
5. Your nasal packing is usually removed after 3-7 days.
6. If you were given a prescription for antibiotics, take them as directed for the entire length of time prescribed.
7. You may have a small piece of gauze taped under your nose. This is called a drip pad, and can be changed whenever it gets dirty.
8. Sleeping with your head elevated for the first few days after surgery will help minimize your swelling.
9. Ice packs or frozen peas are useful for the first 24 hours after surgery only.
10. If you wear glasses, you can tape them to your forehead to keep the weight off of your healing nose.

If you have any questions or concerns, please call the office at (480) 614-3535.

**APPOINTMENTS:**

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