

Diet	Resume regular diet as tolerated. Increase fluids to relieve dry throat from mouth breathing.
Activity	Avoid exercise and extremes in temperature for 2 weeks. Avoid bending and lifting as this can cause nose bleeds. Sleep with your head elevated for 3 days after surgery.
Medication	Your nose will be painful and tender for 2-3 weeks after surgery. Take pain medication as prescribed or take 1-2 Acetaminophen tablets (i.e. Tylenol) every 4 hours as needed. DO NOT take ibuprofen (i.e. Motrin, Advil) or ASA compounds (i.e. Asprin, Bayer) for 2 weeks after your surgery as they may cause bleeding.
Hygiene	Do not get splint/cast wet. Bathe as usual. Swelling and bruising around the eyes and nose will disappear in 3 weeks. Ice to the eyes will help with swelling/bruising.
Dressing	Do not reposition or move your splint/cast. If it falls off do not replace it. A gauze pad and tape ('moustache dressing') will be placed over your nose. Change the moustache dressing as needed and remove when nasal drainage or bleeding stops, usually in 2-3 days.
Social	Your surgeon will advise you when you may return to work/school.
Other	Do not clear or blow your nose for 5 days. Open your mouth when sneezing or coughing.
Special Instructions	<p><i>Dr. Kao's patients: Use Salinex 2 sprays into each nostril at least 6 times per day (can be used up to 20 times per day) until your follow-up appointment. Apply Cortisporin ointment to nose gently with a Q-tip, 3 times a day, to prevent crusting.</i></p> <p><i>Dr. Lui's / Dr. Werger's /Dr. Wallman's patients: Use Salinex 2 sprays into each nostril at least 6 times per day (can be used up to 20 times per day) until your follow up appointment.</i></p> <p><i>Dr. Halik's patients: Apply Cortisporin ointment to nose gently with a Q-tip, 3 times a day, to prevent crusting.</i></p>
Follow-up	Make an appointment to see your surgeon in 1 week.

CALL YOUR SURGEON DURING OFFICE HOURS OR GO TO THE NEAREST EMERGENCY DEPT. IF:

1. You have a temperature over 38.5C or 101.3F.
2. You have pain unrelieved by your pain medication.
3. You have excessive drainage/bleeding (soak through moustache dressing in less than 1 hour).