



GARCIA

↔ FACIAL PLASTIC SURGERY ↔

7807 Baymeadows Road East, Suite 303 Jacksonville, FL 32256

NASAL SURGERY INSTRUCTIONS

1. You may change the “drip dressing” as needed for the first couple of days after surgery. Tape this to your face with the micropore tape provided to you.
2. Use ice compresses over your eyes as often as possible. We recommend soaking a washcloth in ice water, wringing it out, folding it into a “V” shape and then placing it over both eyes. Keep any weight off the Nasal Splint. Continue with cold compresses for the first three (3) days.
3. **Do Not** wear glasses for six (6) weeks after surgery. If you must wear glasses, consult with Dr. Garcia prior to wearing them.
4. Clean the inside of your nostrils and the base of your nose with hydrogen peroxide and apply 100% petroleum Jelly only when instructed by Dr. Garcia.
5. Please purchase some Nasal Saline Spray and Aerosol (any brand) to use after your procedure once you have been advised to do so by Dr. Garcia.
6. **AVOID** blowing your nose for the first two (2) weeks after surgery, unless allowed by Dr. Garcia.
7. **Do Not** clean past the entrance of your nose with Q-tips.
8. **Do Not** brush your upper teeth with a toothbrush, only your finger.
9. Keep your head elevated at all times. **DO NOT LAY FLAT** for two (2) weeks after surgery.
10. Sleep with your head elevated either on 2-3 pillows or in a recliner.
11. Make sure to stand and walk around every 15 minutes.
12. Avoid bending over, strenuous exercise or heavy lifting for at least two (2) weeks after surgery.
13. Resume your normal exercise or activity gradually after two (2) weeks.
14. Avoid hitting or bumping your nose by sleeping alone for two (2) weeks after surgery.
15. **Do Not** pick up small children for two (2) weeks after surgery.
16. Remember that swelling inside your nose, as well as outside, reaches its peak the 3rd day.
17. 80% of the swelling is gone at two (2) weeks after surgery and 90% is gone at two (2) months after surgery.

Generally you will be scheduled for 1 day, 1 week, 2 week, 1 month, 3 month, 6 month and 1 year post-op appointments!

Person Receiving Instructions:

Person Reviewing Instructions:

Date/Time:
