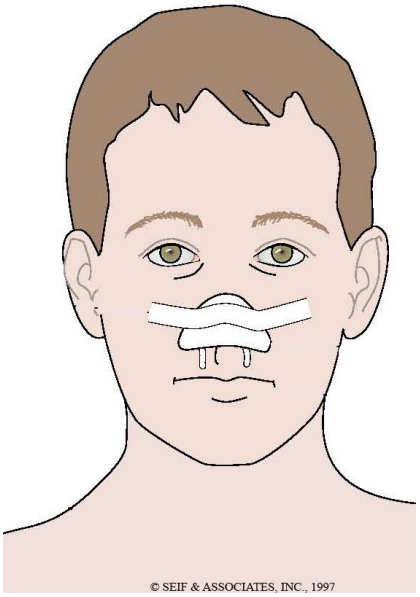
After Your Nasal (Nose) Surgery

Your nose may swell up after your surgery. The worst of the swelling is usually 2-3 days after the surgery. Most of the swelling will go away in about 1 week. You may also have some bleeding for 24-48 hours (1 to 2 days) after the surgery. You may have black eyes for several days.



HOME CARE

To lessen the swelling:

- Sleep with your head up on 2 or 3 pillows.
- Hold a cold, damp wash cloth to your face, eyes and nose for 20 minutes, every 2 hours during the day.
- Wash your face very gently with mild soap and water 2 times a day.
- Change your nasal drip pad as often as you need to.

DO NOT DO THESE THINGS:

- **Do not** bend over or lift more than 10 pounds (about the weight of a gallon of milk).
- **Do not** chew gum, or eat any food that needs a lot of chewing.
- **Do not** bump or hurt your nose.
- **Do not** blow your nose for 1 week.
- **Do not** sniff or sneeze unless your mouth is open.

Be sure to keep your follow-up appointment.

GET HELP IF:

- You have any questions or concerns.
- You have a fever.
- You notice bad smelling drainage coming from the incision or your nose.

Easy-to-Read style based on content from Parkland Health & Hospital System, Dallas, Texas

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