



Matters needing attention after nasal surgery

鼻部手術後注意事項(英文)

Issues that should be aware of after nasal surgery

1. Dizziness may happen and even be followed by fainting soon after nasal surgery due to postural hypotension or the reflex from autonomic system. So, later on the operative day, it is recommended that you should sit on the bed at least 3-5 minutes before you lie down. If you are not dizzy, you had better lie down in the bed with your family in company.
2. Ice packing is also recommended because it can reduce post-operative pain and soft tissue swelling, and stop bleeding.
3. Raising your head about 30 degrees reduces the discomfort of nasal congestion and swelling.
4. When you blow your nose or cough, you must compress your nostrils and open your mouth to reduce nasal pressure, and prevent postoperative nasal bleeding..
5. Cover your nostrils with gauze to soak up bloody discharge in the nose. Replace the gauze by yourself or by the attending nurse timely.
6. You can breathe only by the mouth due to total obliteration of nose by gauzes. Dry mouth and lips are obvious and you can moist you lips with lip balm or wet Q-tip.
7. Postoperative nasal packing will block nasolacrimal ducts, which pass excessive tears into nose, temporarily in the following 2 days. Involuntary eye tearing is often and sometimes even bleeding due to retrograded flow of bloody nasal discharge.
8. Physiologically, soft palate muscles serve to seal off choana (posterior opening of nose) and prevent regurgitation of liquid or food during swallowing. Posterior nasal packing will compress soft

palate muscles and you might have feelings of reflux when eating or drinking.

9. Gauzes in nose (one side or both sides) can only be removed by your attending doctors.
10. You should avoid hot or hard food in the following 2 weeks after operation. Some traditional nutrition supplements (sesame oil, ginseng, and chicken essence) are also prohibited because they may have material against blood clotting and induce postoperative nasal bleeding.
11. Regular postoperative follow-up in the clinic is mandatory.
12. Some blood might be accidentally swallowed during or soon after operation, and it is reasonable that sometimes you may have abdominal discomfort, feel nauseous or vomit, and have blood clot several hours after the surgery. You will have tarry stool in the following 2-3 days after the operation. Generally they are not harmful to your health.
13. Serious physical exercise like weight lifting and running is prohibited in the following week after the operation. Please do not wash your face, shampoo, or take a shower with hot water. The prohibition can only be released by your attending physicians.

若有任何疑問，請不吝與我們聯絡
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