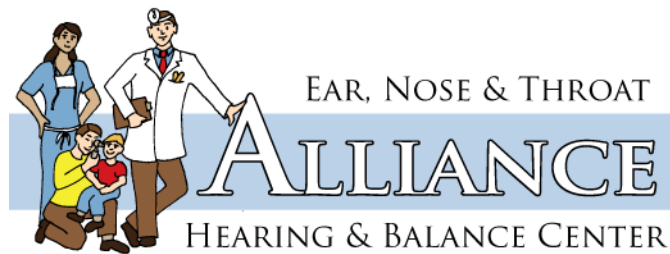


Instructions after removal of nasal packing

1. **Activities.** To avoid bleeding, avoid activities that will raise your blood pressure, such as leaning over to pick up an object or to tie your shoes or lifting a heavy object. Avoid all sports activities for at least one week. No contact sports for at least one month. Time out of work varies according to surgery and nature of work.
2. **Nasal Bleeding.** Immediately after you have had packing removed, you can expect a small amount of blood from your nose. Try not to be alarmed. Most light bleeding will stop on its own. If the bleeding does not stop on its own, there are several steps that might help.
 - a. First, **pinch the entire lower half of your nose** as tightly as you can without causing pain. **Lean forward !!** Therefore you will not swallow any blood. Spit out any blood in your throat. Don't let go of your nose for **10-15 minutes**. Once it has stopped bleeding, leave the blood clots in your nose alone for several hours.
 - b. If bleeding continues, roll a piece of tissue into a skinny wad, like a rolled cigarette, and slid this into your nose where it is bleeding. Then try to pinch your nose again.
 - c. If you do not have significant high blood pressure, you can also spray some Afrin or NeoSynephrine topical decongestant spray into your nose.
3. **Tender or Numb Front Teeth.** It is not uncommon for your front teeth to feel unusual after nasal surgery because the nerves to these teeth run through the floor of the nose. These nerves are not likely to be seriously injured and within days, or sometimes weeks, your teeth should return to a normal feeling.
4. **Nose Blowing.** Immediately after nasal surgery, you may have 2 flat thin pieces of plastic sutured on either side of your nasal septum to protect the surgical site or absorbable sutures through your septum. Your septum is going to be both tender and scabby. Check with your doctor about blowing your nose. Usually this is okay after the nasal packing is removed, but needs to be done gently and slowly. It is safest if you blow through both sides at the same time. Expect to see both streaks of fresh red blood and globs of dark old clotted blood. Open your mouth when you sneeze.
5. **Nasal saline sprays & irrigation.** To clean out the scabs and old blood in your nose, you may want to rinse it out with salty water. The salt helps as a natural decongestant. You can either use a **saline nasal spray** (Examples are **Ayr** or **Ocean** nasal saline sprays.) or a **bottle of saline solution with a bulb syringe or nasal syringe**- all of which you can buy in a drugstore without a prescription. The alternative is to make the salt water yourself.



Making your own salt water solution

What do I need?

- **Canning, sea or kosher salt:** *avoid table salt* that contains additives and will be irritating.
- Optional: **Baking soda** (bicarbonate): preservative
- Delivery system: We recommend starting with an inexpensive “**bulb**” **syringe or aspirator**, available from most pharmacies. If you like the effect of nasal irrigation, our recommendation is to try the simple durable **Neti-Pot**. (available at Whole Foods Stores). Another alternatives are a Water-Pik with a specialized nasal tip or a lavage kit. Ordering information is available from our office. Spray bottles are best for children.

How do I mix it? With a measuring spoon, **add one even teaspoon of salt (not table salt because it contains iodine) to each cup of warm water.** Stir thoroughly until all of the salt is dissolved.

The salt water usually doesn't sting but undissolved salt particles are more likely to be irritating. If you do experience stinging at first, you can use a little less than a teaspoon, but after a few days there should be no discomfort and you can add more salt.

If you plan to make a larger batch for storage, you will need to add baking soda.

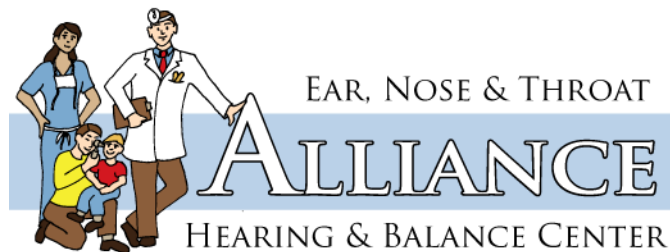
water	salt	+/- baking soda
1 cup (8 oz)	1 teaspoon	1/8 teaspoon
2 cups (16 oz)	2 teaspoons	1/4 teaspoon
4 cups (1 quart)	4 teaspoons	1/2 teaspoon

For the stimulating effect of menthol, add to each cup of saline one tablespoon of Alkolol (namebrand product available in most pharmacies). It does not contain alcohol.

How to irrigate? The saline solution can be any temperature you like, but it is usually a good temperature if you stick your finger in the water and you can't judge whether it is hot or cold. You can use about one cup of saline, divided between each side of the nose. Some form of a nasal syringe is very easy to use.

When using a Neti Pot, lean over a sink, tilt your head to one side (it should be almost flat – one ear up and one down) and put the spout of the Neti Pot into the UPPER nostril. Pour the salt water slowly into your

nose while you continue breathing through your mouth. The water will flow into the upper nostril, turn the corner at the back of the nose, and trickle back out the lower nostril. When the pot is about half empty, stop, turn your



head the other way and repeat the process. Let the water drip out. Then gently blow your nose. You will probably need to blow it several times in the next few minutes as your sinuses drain.

How often to irrigate? You will find what works best for you. Start irrigating once in the morning and once at night. There is no harm in doing it 3 or 4 times daily, cutting back to once a day if feeling better or using it only as needed. There should not be any problem with using nasal saline for as long as it helps you.

6. **Pain.** You can often reduce or discontinue the use of your prescription pain medicine. This will reduce the risk of stomach discomfort. Also it is not recommended to drive a vehicle while on narcotic pain medicine. Instead you can try Tylenol (acetaminophen). Another problem with narcotics is that they make one constipated. Eat foods with fiber (fruits, vegetables and cereals). Use Metamucil or Milk of Magnesia if needed.

7. **Other medication.** If you were on a steroid nasal spray prior to surgery, you can restart it. It is best to check with your physician at the time of your next visit. If you are very stuffy, you can use Afrin or NeoSynephrine but this decongestant spray should be discontinued after 3 days.