

**LINDA M. WATERS,MD., F.R.C.S.(C), FACS**

Plastic and Reconstructive Surgery  
723 Emerson St.  
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Ph 650-328-9646 Fax 650-328-9528

**Nasal Surgery Post-Operative Instructions**

1. **Diet:** Start with clear liquids (soup, jello, juices, popsicles, carbonated beverages or water). Advance to your regular diet as tolerated.
2. **Activity:** For 24 – 72 hours after surgery, the patient must sleep with head elevated on several pillows. This will decrease swelling and pain. Strenuous activity or exercise, where the nose could be hurt, should be avoided. Return to work is usually 1 week after surgery. Gradually increase to regular exercise after 2 weeks post-op.
3. **Care of Operated Site:** After discharge from hospital, patient is advised not to blow his or her nose until given permission by surgeon. Any secretions can be allowed to drain into nasal bandage below the nose. The “drip pad” may be changed by patient whenever wet. Showers or baths may be taken 24 – 48 hours after the operation. Care must be taken to keep external cast or dressing dry. You may shower 3-5 days after surgery, or as advised by Dr. Waters.
4. **Miscellaneous:**  
No alcohol for 24 hours or while taking pain medication.  
Patient may drive a car when narcotic pain relievers are no longer required.  
  
Call Dr. Waters if:  
    You are unable to drink liquids in the morning because of nausea.  
    You are unable to urinate eight hours after your surgery.  
    Your temperature is greater than 101.5.  
    You have heavy bleeding.  
    You have increased pain.  
    You have green nasal drainage.  
    You have unrelieved headaches.  
Please go to the emergency room if you feel you need to be seen immediately.
5. **Contact Information:**  
Office (650) 328-9646  
Dr. Waters' Pager (650) 723-8222 ID# 13514  
Dr. Waters' Cell Phone (650) 924-0405