

AFTER YOUR NOSE SURGERY

Post-Op Instructions

Driver	For outpatient procedures a driver will be required to take you home and preferably stay with you overnight. Please do not drive for 24 hours or while taking pain medication.
Follow-up	Please call to schedule your first follow-up appt, if not already scheduled.
Medication	Begin taking your antibiotic (cephalexin) the day after surgery. Please finish all of this medication.
Bathing	You may sit in the tub immediately. Do not get the dressings wet. You may shower once the dressing has been removed.
Sutures	Removed at five days.
Activity	Refrain from vigorous activity for ONE to TWO weeks after surgery. Excessive activity can cause bruising, swelling and generally hamper the results.
Swelling	Expect significant bruising and swelling for approximately three weeks after surgery, although slight swelling may last up to a year. Apply ICE to the surgical site for the first 48 hours after surgery.
Dressing	Leave dressing in place. This will be removed at your post operative visit, but likely replaced to limit swelling for approximately 2-3 weeks. If there is nasal packing this will be removed within the first week. If you feel that the packing has moved or is choking you, please call me or remove the packing in an emergency.
Call	Feel free to call me or my nurses with questions or concerns. Tanner Clinic 773-4840 X3441. Dr. Yates cell phone (801) 543-xxxx (Text message preferred, although direct calls are O.K.) website: www.yorkyates.com Email: yyates@tannerclinic.com



DR. YORK YATES
plastic surgery