

The Oregon Clinic, Plaza ENT Division  
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## **Patient Information – Discharge Instructions for Nasal/Septal Surgery**

1. Diet will be as tolerated by patient.
2. Your throat will be very dry and a little sore, so drinking a lot of fluids is helpful.
3. You will have packing in your nose for 1-5 days, depending on the procedure that you had done and your surgeon's instructions.
4. While you have the packing in your nose, you will need to sleep in either a recliner or propped up on a lot of pillows.
5. Putting ice or bag of frozen peas on your nose can help with the swelling and discomfort.
6. If you feel a sneeze coming on, open your mouth wide and try to cough it out. This will decrease the chances of dislodging your packing and causing extra bleeding.
7. A slightly elevated temperature is normal for a few days after surgery. Call the office if it is over 101 degrees.
8. Blood and mucous will drain from your nose for 1-3 days after surgery. Change the gauze under the nose frequently.
9. You will be sent home with a prescription for pain medicine. You may choose to use a non-aspirin over-the-counter medication instead.

### **Office Phone 503-488-2400**

Instructions Given By: \_\_\_\_\_

Patient Released To: \_\_\_\_\_ Date: \_\_\_\_\_