These instructions will help you take care of yourself at home until your next appointment with your surgeon. Following them will help you to feel better and heal more quickly. Your surgeon may change the instructions to fit your particular needs.

**Activity restrictions**
- Do not blow your nose. You may sniff if necessary.
- No swimming
- Do not use Q-tips® or other objects to clean your nostrils
- Do not fly in an un-pressurized airplane.
- Do not bend over. Bend at the knees to pick up something from the floor.
- Do not rub or pick at your nose.
- Do not drive until approval given by your eye doctor or other doctor.

**It’s okay to do these things:**
- You may use Afrin® nasal spray and saline nasal spray as recommended by the ear, nose and throat surgeon.
- You may lightly dab nose with a soft handkerchief or tissue.
- You may ride in a car as a passenger.

**Exercise / lifting**
For the first 4 to 6 weeks after surgery, do not lift anything heavier than 5 pounds or do any kind of heavy exercises. The best exercise after surgery is walking. You should begin walking short distances immediately after surgery and gradually increase the distance to 1 to 2 miles daily. This will allow you to increase your overall strength and endurance. Wear comfortable, low-heeled shoes and stay on flat, even surfaces. You may climb stairs as soon as you feel like it. Be sure to use the handrail.

**Driving**
Your physician will tell you when it is safe to begin driving. You may ride as a passenger. If you will be riding in a car for long distances, plan to stop every hour or 1 1/2 hour to stretch and walk around for a few minutes.

**Returning to work**
The type of work you do and the demands of your job will determine when you are able to return to work. Your doctor will discuss this with you during your follow-up appointment 4 to 6 weeks after surgery.
Medicines
Your doctor will give you prescriptions before you leave the hospital, and your nurse will help you understand how to take them. Do not stop taking any medicine without your doctor’s approval. You can expect a certain amount of pain after surgery until the inflammation and sensitivity of the nerves has decreased. As you heal, you should need less pain medicine. The prescription is usually not refilled. Call your doctor if you still have considerable pain when you have taken all your pain medicine.

Constipation is a side effect of taking pain medicine. You may need to drink more water, increase the fiber in your diet, and take a stool softener or laxative that you can buy without a prescription.

Nutrition
Eating a well balanced diet is important for proper wound healing. This includes foods from each basic food group—dairy products, meat, vegetables, fruit and bread. Since you will be less active during your recovery, you may want to avoid high calorie foods.

Call your doctor at (615) 322-7417* if you...
• have severe headache that your pain medicine does not relieve
• notice clear, watery drainage from your nose or in the back of your throat
• notice a yellowish-green drainage from your nose
• have fever or chills with a temperature of 101.5° F or higher
• are unusually thirsty or need to urinate more often than usual
• have any changes in your vision
• have any questions or concerns

*This phone number is also answered at night and on the weekend for emergency calls.

Additional Instructions