

Pre-operative:

1. Three weeks before surgery, make sure you have discontinued all medications that are associated with increased bleeding. These include aspirin, ibuprofen, Aleve, Plavix, Coumadin/warfarin, vitamin E, fish oil, xarelto, eliquis. If you are on any of these medications you must let Dr. Wilson and his staff know. You may take Tylenol and extra strength Tylenol only.
2. Patients must be non-smokers. If you are a smoker you must have stopped smoking for six weeks before any surgical procedures will be performed. Nicotine products may be used to aid in smoking cessation, but must also be stopped prior to surgery. You may be asked to complete a blood test to check the circulating levels of nicotine in your system prior to surgery.
3. We recommend you purchase arnica tablets and begin them one week prior to your procedure and continue for the week following the procedure. These are available at our online dispensary or at your local health food store.
4. You must have someone drive you to and from your surgery. You must have an adult to help you for the first 24 hours. If you do not have someone to help you, the office can help you coordinate a nurse or assistant.
5. You will be prescribed medications the day of your preoperative visit; these will be available for pick up the day prior to your procedure. These will include pain medication, an antibiotic and an anti nausea medication. Start a stool softener the night before your surgery to prevent constipation from anesthesia and pain medication. Continue taking stool softener until you stop taking pain medication. Take all medications with food.
6. Do not eat or drink anything after midnight the night before surgery. If you have a medication you must take in the morning, take with a small sip of water. Shower the morning of surgery making sure there are no traces of makeup left on your skin. Do not apply body lotion, moisturizer or anything to your face the morning of surgery and do not wear contact lenses. Please wear comfortable clothing that either zips or buttons in the front.
7. If you have hair long enough, please place it in a tight ponytail the day of your surgery.

First 72 Hours

1. Initial swelling and bruising will be at maximum approximately 24 – 48 hours following the procedure. This will then subside over the next week. While initial swelling will be improved by this time, it may take a year for all of the swelling to go down.
2. Sleep with your head elevated on three pillows.
3. Leave your splint, if you have one, or your taping intact.
4. You can bathe but cannot get the surgical site wet
5. You can take pain medication as prescribed. Limit narcotic pain medication as much as possible.
6. If taking narcotic pain medication ensure you are taking a laxative (Colace) to prevent constipation.
7. If you have packing, this will remain in place for three days. You can remove this packing at home at the end of the third day.
8. Drip Pad: You will have a drip pad under your nose to relieve any drainage. You should change this every couple of hours with a piece of gauze and tape. You can discontinue the drip pad once there is no more bloody drainage from the nose.
9. You can ice for 20 minutes every hour, do not apply ice directly to the site. Use either an insulated ice pack or cold paper towels soaked in ice water.

First Week

1. After the initial 72 hours you can start motrin (ibuprofen) .Take 600 mg every 6 –8 hours with plenty of food and water
2. Do not blow your nose
3. Stitches will be removed at 7 days – no later.

Make sure you have a follow up scheduled for one week after your procedure. At that time the sutures will be removed, your splint will be removed and you will be taped. Continue taping every day for as long as possible. If you cannot have the tape during the day – please tape at night.

Avoid contact sports for 4 weeks. You can resume exercise at two weeks but limit these activities to light exercise. At 4 weeks you can resume full exercise.

Call the office if you have bleeding, persistent drainage, fever greater than 101, uncontrollable pain, nausea or vomiting.

In the event of an emergency please contact the office at 603-294-4526.