GRANGER MEDICAL CLINIC

Granger Ear, Nose, & Throat
2965 W. 3500 S., West Valley City, UT 84119
office 801.965.3484

Post-Operative Information for Nasal Septal Reconstruction

1. Do not blow your nose for 2-weeks or until the doctor gives you permission. Instead, use the sinus rinses *at least* twice a day

2. DO NOT PICK OR INSERT ANYTHING INTO YOUR NOSE

3. It is common to have an elevated temperature the day of surgery. You may use plain acetaminophen (i.e., Tylenol™) the first evening if needed. Do not use aspirin or aspirin products (i.e., ibuprofen) for two weeks post-operatively

4. Call Dr. Leonard if you have excessive bleeding, pain that is not controlled by pain medication, a temperature of 100 degrees or higher starting the day following surgery, or if you are unable to urinate within 6-8 hours after surgery

5. Limit strenuous physical activity. Avoid contact sports. Most patients can typically return to work or school with restrictions after the first week. Ask the doctor when you can return to full physical activity

6. You need to see Dr. Leonard for a post-operative appointment within 5-7 days after surgery. That appointment will be scheduled prior to surgery

If you have questions or concerns, please call our office at:

801.965.3484

After hours answering service/physician-on-call:

801.596.6650