



HOME CARE INSTRUCTIONS

- Drink a lot of fluids. This prevents dehydration and keeps your throat moist.
- Change the drip pad as needed. The drainage will slowly decrease over the next week.
- Leave the packing in until your physician removes it.
- **DO NOT** bump the packing or dressing.
- Sneeze with your mouth open.
- **DO NOT** blow your nose for two weeks.
- **DO NOT** use aspirin, ibuprofen or products containing aspirin or ibuprofen for two weeks.
- Avoid exposing sensitive nasal tissue to the sun.
- After nasal packing is removed, saline nose drops may be used to keep the nasal passages moist.
- Use a cool mist vaporizer.
- Take your medication as directed.
- Avoid heavy lifting, stressful activities and sports for 2 weeks.
- Remain home from school or work for 2 days, or as directed by your physician. A written excuse will be provided if needed.
- You must see your physician as scheduled to remove the packing.

Appointment: _____

POSSIBLE SIDE EFFECTS

- You will feel nasal blockage from the nasal packing.
- You will be breathing through your mouth.
- Your throat may become dry and irritated.
- You may have minor nasal tip stiffness, swelling and pain. Usually there is no swelling or discoloration of the eyelids.
- There will be some nasal drainage. The color will start out red and then slowly lighten to pink and then to clear. The amount of drainage will also decrease.

CONTACT YOUR PHYSICIAN

- If there is excessive bleeding.
- If your pain does not decrease in 1 to 2 days.
- If you have a fever above 101.1^o or if you have a low fever for more than 3 days.
- If you have any questions.

301-989-2300 If you call after normal office hours please follow the instructions on the recording. A physician will be contacted to return your call.

Comments: _____