



## Ear, Nose, and Throat (ENT)

*Head and Neck Surgery  
Diseases of the Ears, Nose and Throat  
Voice Disorders  
Audiology and Hearing Aids  
- Adult and Pediatric -*

### INSTRUCTIONS FOR PATIENTS: NASAL AND SEPTAL SURGERY

To insure the best surgical result, please follow these instructions:

1. Some blood-tinged secretions from the nose in the first few days are normal. Wear a gauze pad under the nose until this stops. To prevent bleeding, avoid heavy physical activity for at least 10 days after surgery. This includes heavy lifting, bending over, or working out. Usual daily activities and walking are encouraged. Avoid aspirin, ibuprofen, or any product that contains these medicines.
2. To minimize swelling postoperatively, elevate your head by sitting up and sleeping on extra pillows.
3. Avoid nose-blowing until your doctor says it is okay. Saline nasal spray helps clear the secretions. Your doctor may recommend an antibiotic ointment (like Bacitracin®) to the nostrils twice daily.
4. If you must sneeze, do so with your mouth open to minimize disruption of healing.
5. Your doctor may place splints in your nose to insure optimal healing. Please do not touch them.
6. If you have questions or concerns, please call:

- Monday – Friday, 8AM-5PM:

ARC Cedar Park Medical Plaza	(512) 260-1581
ARC Far West Medical Tower	(512) 346-8888
ARC Kyle	(512) 295-1333
ARC Round Rock	(512) 244-9024
ARC South	(512) 443-1311

- After 5 PM, Monday – Friday and on weekends:

The Medical Exchange (on-call after hours ENT)	(512) 458-1121
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ARC Far West Medical Tower • 6811 Austin Center Boulevard, Suite 300 • Austin, Texas 78731 • 512-346-8888  
ARC Kyle Plum Creek • 4100 Everett, Suite 400 • Kyle, Texas 78640 • 512-295-1333  
ARC Round Rock • 940 Hesters Crossing Road • Round Rock, Texas 78681 • 512-244-9024  
ARC South 1<sup>st</sup> Specialty • 3816 South 1<sup>st</sup> Street • Austin, Texas 78704 • 512-443-1311