



Name: _____

Date: _____

Post Office-Procedure Information

You have just undergone an in-office _____
with Dr. Compton. You will feel tired tonight and should take the rest
of the day to relax and take it easy. Checked below are applicable post-op
expectations and recommendations.

- Expect 3-6 weeks of crusting, swelling and nasal congestion. It is normal for your breathing to get worse before it gets better.
- No heavy lifting for _____ days.
- No cardio for _____ days.
- No nose blowing.
- You may blow your nose GENTLY.
- Do not pinch or manipulate nostrils.
- There will be mild bleeding for the first 3-5 days. Place gauze under nose as needed. You may use Afrin for heavy bleeding ONLY.
- You have splints in place that will be removed at your post-op visit in 5-7 days.
- Expect external swelling for _____ days/months.
- Keep all incisions clean of crusting using hydrogen peroxide and Q-tip and keep covered with _____ ointment.
- Start Mupirocin (Bactroban) ointment to bilateral nostrils twice per day for 2 weeks.
- Start steroid taper today.
- Start antibiotic course today. _____
- Start saline rinses today/tomorrow, _____ per day.
- You may restart blood thinners _____ days after procedure.

If you have any questions or concerns, please call the office at 248-855-7530 (WB) or 248-267-5004 (TROY). If after office hours, call 248-584-6160.