

## **PATIENT INSTRUCTIONS AFTER PACKING REMOVAL**

### **THE FOLLOWING MUST BE AVOIDED FOR A MINIMUM OF (3) WEEKS AFTER SURGERY:**

NO ASPIRIN (I.E.), ALEVE, ADVIL, BAYER, EXCEDRIN, ETC.) YOU MAY HAVE TYLENOL  
NO SMOKING  
NO ALCOHOL  
NO CAFFEINE  
NO GUM CHEWING  
DO NOT BLOW YOUR NOSE.  
NO FORWARD HEAD BENDING.

TAKE PAIN PILLS AND SLEEPING PILLS ONLY IF NEEDED, AS DIRECTED. DO NOT TAKE ON AN EMPTY STOMACH.

AFTER THE PACKING IS REMOVED, APRICOT OIL IS VERY IMPORTANT AND WILL BE PROVIDED TO YOU. PLACE YOUR HEAD BACK AND WITH THE DROPPER PROVIDED, PUT 1-2 DROPS OF APRICOT OIL IN EACH NOSTRIL 4-5 TIMES A DAY. DO NOT USE A Q-TIP. WHILE YOUR NOSE IS HEALING, THE MUCUS MEMBRANES WILL SECRETE MUCUS, THIS IS NORMAL. THE APRICOT OIL WILL PREVENT THE MUCUS FROM FORMING INTO A CRUST.

(STEAM INHALATION) IF THE DOCTOR REQUESTS THAT YOU USE STEAM INHALATION, YOU MAY USE A TEA KETTLE AND INHALE STEAM THROUGH YOUR NOSE (APPROXIMATELY 1-2 FEET AWAY FROM THE NOZZLE) FOR ABOUT 5 MINUTES. IF YOU HAVE ACCESS TO A STEAM ROOM, YOU MAY USE THIS AS AN ALTERNATIVE. (THIS WOULD ONLY BE AFTER THE CAST IS REMOVED)

KEEP PHYSICAL ACTIVITY TO A MINIMUM DURING THE FIRST WEEK OF SURGERY, AFTER ONE WEEK FROM THE DATE OF SURGERY. YOU MAY BEGIN TO EXERCISE ON A TREADMILL, (HIGH INCLINE LEVEL 5-10 AND WALK AT LEVEL 3), LIFE CYCLE, AND/OR FREE WEIGHTS, WITHOUT BENDING YOUR HEAD FORWARD. NO RUNNING, JUMPING, OR SWIMMING FOR AT LEAST 6 WEEKS.

EXPOSURE TO THE SUN SHOULD BE AVOIDED FOR AT LEAST 6 WEEKS AFTER THE CAST IS REMOVED. IF YOU ARE GOING TO BE IN THE SUN 3-4 WEEKS FROM CAST REMOVAL USE SUNBLOCK AND A HAT.

CONTINUE TO EAT A SOFT DIET:

NO MSG  
PROTEIN, FISH, CHICKEN, EGGS  
LUKEWARM SOUP  
APPLESAUCE  
YOGURT  
FRUIT SHAKES

YOU MAY EAT WHATEVER FOODS APPEAL TO YOU AS LONG AS THEY DO NOT REQUIRE MUCH CHEWING. VERY WARM OR HOT FOODS WILL CAUSE SWELLING AND SHOULD BE AVOIDED.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL OUR OFFICE AT (310)-276-3106