NASAL/SINUS SURGERY

REMEMBER, IT IS VERY IMPORTANT NOT TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE SURGERY. THIS INCLUDES COFFEE, JUICE, AND WATER.

This sheet provides instructions for patients having surgery on the nose or sinuses or both. On the morning of surgery, please report to L&M or Pequot Surgical Center as scheduled.

1. Headache and facial pain are normal after surgery. Take the pain medications as directed. It should take care of the pain, but there may be some soreness and pressure that are not relieved by the pain medication.

2. You will usually be given a prescription for an antibiotic and a pain medication. Take the prescriptions as directed.

3. It is very important to keep your head elevated following surgery for about a week. You may choose to sleep with two pillows or in a recliner. This will help to decrease swelling and pain.

4. You should avoid strenuous activity for about a week or until your doctor says it is okay. This includes housework, heavy office work, sex, and strenuous exercise.

5. Do not blow your nose. You may sniff gently. If you have to sneeze, try to open your mouth as you sneeze.

6. A low-grade fever is common after surgery. However, if the fever goes above 101.5, please call the office.

7. You may feel like you have a severe "head-cold" after surgery. Headache and sore throat are common. Decongestants will not relieve these symptoms. Some people complain of soreness or swelling in or around the teeth and numbness of the upper lip. This is normal and will gradually subside, although, it may take weeks.

8. You will normally have drainage from the nose. This is mostly old blood and blood-tinged mucous. You may change the drip pad under your nose as often as necessary. You may use Afrin or Neosynephrine twice daily for 2-3 days after surgery if the bleeding increases. If you feel that the nose is actively bleeding excessively, call the office. In general, the drip pad should not have to be changed more frequently than every ten minutes.

9. Depending on the extent of the surgery, your nose may be packed during surgery. In most cases, dissolvable packing will be used and will gradually disappear after. Occasionally, more extensive packing will be placed and require removal 1-4 days after surgery.

10. Nasal saline rinse kits should be used regularly after removal of the packing to help loosen secretions.

11. If you are having a septoplasty, most likely you will have splints inside your nose. The splints are usually removed several days after the surgery. These will also be removed in the office.

12. After the packing and splints are removed, you may breathe better for a few hours, then the inside of your nose may swell again. Decongestant sprays will not make you feel better, so do not use them. Your doctor may suggest topical nasal steroid sprays. It may take several weeks for swelling to go down completely.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL THE OFFICE