

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, sinuses or both. On the morning of surgery, please report to your 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. It is okay to take NSAIDS (Advil/Motrin) postoperatively.
2. You will usually be given a prescription for an antibiotic, steroid and pain medication. Take the prescriptions as directed. In some cases medications may have been started preoperatively, in that case, continue them 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 a week or until your doctor says it's okay. This includes housework, heavy office work, sex, and strenuous exercise. Nothing should be lifted that weighs any more than a gallon of milk.
5. Do not blow your nose. You may sniff gently. If you have to sneeze, keep your mouth open.
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 teeth. This is normal and will gradually subside, although, it may take weeks. Taking hot steam showers will help with the nasal congestion.
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 sprays and rinses should be used regularly after surgery to help remove packing and loosen secretions. Start your nasal mists on the day of surgery. These should be used every few hours to keep the inside of the nose moist as it heals. Once the drainage has stopped, you may start using the NeilMed Rinse. Rinsing should be done 2-3 times per day with the mist being used in between.
11. If you are having a septoplasty, you might have splints inside of your nose. The splints are usually removed in the office several days after surgery.
12. After 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 sprays. It may take several weeks for the swelling to go down completely.
13. **CALL THE ON CALL DOCTOR IF ANY OF THE FOLLOWING OCCUR:** Change in vision, increased swelling around the eyes, neck stiffness or deep head pain, continued nausea or vomiting or bright red blood that lasts more than ten minutes or causes choking.

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