



Nasal / Sinus Surgery Post-Operative Instructions

The following instructions should help during the first and second week after surgery. Although individual responses vary widely following any operation, you can expect to return to normal in about ten (10) days.

WHAT TO EXPECT: Do not blow your nose for the first 7 days after the procedure.

NASAL DISCHARGE: This may occur the first couple of days post operatively; at first it may have a bloody tinge to it then change to mucus. Any profuse bright red bleeding that persists for more than (24) hours should be reported to your doctor.

NASAL CONGESTION: A stuffy nose is normal following sinus/nasal surgery due to swelling of the tissues. This may last up to one (1) week after surgery. Saline mist can be used at this time.

AFTER SURGERY CARE: Salt-water/Saline irrigation is recommended to help moisturize the nose and clear any debris that may accumulate post operatively. Saline irrigation can be performed after the one-week post op.

ACTIVITY: Rest at home for at least one (1) day. Gradually increase your daily activities after that. Restrictions on activities should be discussed with your physician. Avoid any strenuous activity or heavy lifting for two (2) weeks. Typically, you can return to work after your first postoperative visit.

DIET: After discharge from the hospital or surgery center, adequate fluids are essential and may be given in almost any form such as water, soda, juice, jello or popsicles. Encourage fluids for at least ten (10) days. Soft foods are tolerated best at first and should be encouraged. Highly seasoned or very scratchy food should be avoided. Normal diet can be advanced as tolerated.

PAIN: Pain and discomfort varies with each patient after surgery. Medication may be prescribed to help control pain, take as directed. You may also use Tylenol or Acetaminophen.

FEVER: Very slight elevations of temperature during the first few days are usual. If the temperature goes above 101.5 degrees, please contact us.

VOMITING: Nausea and vomiting may occur following anesthesia and usually clears after the first day. If persistent nausea and vomiting occurs after the first day at home, please contact us.

MEDICATIONS: If you have been prescribed an antibiotic, take as directed. You may resume any other medications that you use regularly the day after surgery. If taking pain medications, avoid drinking alcohol or other dangerous situations. **DO NOT TAKE ASPIRIN OR ASPIRIN CONTAINING MEDICATIONS FOR AT LEAST TWO (2) WEEKS AFTER YOUR SURGERY.**

FOLLOW-UP VISIT TO THE OFFICE: If a postoperative appointment has not been made for you, please call the office the day after surgery to arrange an appointment within one to two (1-2) weeks following the surgery.

PLEASE NOTIFY YOUR PHYSICIAN FOR ANY OF THE FOLLOWING:

1. Visual problems consisting of loss of vision, double vision, or the bulging of one or both eyes.
2. Neck stiffness with fever and headache.
3. Brisk bleeding from the nose or excessive drowsiness and confusion.

OTHER HELPFUL HINTS:

1. Sleeping with your head raised on several pillows will make you more comfortable.
2. Keep water at your bedside, and drink water frequently.
3. Use Vaseline or lip moisturizer to prevent dry lips.