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ENT \ FACIAL PLASTICS

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Post-Operative Instructions - Nasal/Sinus Surgery

1. Medications were used during your surgery to decrease the amount of bleeding. Shortly after surgery, the effects of the medication subside and bloody drainage from the nose occurs. This is completely normal and can be expected to continue for several days following your surgery.
2. Limit activities for the first 5 to 7 days post-op. Refrain from heavy lifting, bending over, or straining. Light activities such as walking or riding in a car are acceptable. If you are planning travel by airplane you need to discuss limitations with the doctor. **DO NOT ATTEMPT TO DRIVE WHILE YOU ARE TAKING PRESCRIPTION PAIN MEDICATIONS!**
3. Keeping your head elevated as much as possible will decrease swelling and thereby, decrease pain and pressure.
4. Ice packs, iced gauzes, or iced wash clothes, may be applied to the sinus and nasal areas as much as possible for the first 24 to 48 hours following your surgery.
5. **DO NOT TAKE ASPIRIN OR ASPIRIN CONTAINING PRODUCTS IN ANY FORM WITHOUT FIRST CONSULTING THE DOCTOR!** This also applies to non-aspirin over-the-counter pain medications with the exception of Tylenol (acetaminophen). Tylenol is usually satisfactory for pain for discomfort. If stronger pain medication is necessary during the first few days post-op, use the prescription pain medication prescribed.
6. Nausea and vomiting can occur following surgery. If it persists longer than the first 12 hours, call the office and suppositories can be prescribed. Nausea can sometimes be secondary to the prescribed pain medications and a change of medication may be necessary.
7. Clear liquids are usually tolerated best for the first 8 to 10 hours post-op, then advance to a regular diet as tolerated.
8. Do not attempt to blow your nose for the first 7 days following surgery. After the 7th day you may blow your nose gently! There will be increased nasal congestion for the first several days requiring mouth breathing.
9. A certain amount of crusting is normal following nasal procedures and the use of Ocean nasal spray will hopefully prevent excessive crusting. The Ocean spray can be used 4 to 8 times daily, and should be started 1 to 2 days after surgery as directed. Afrin may be

used 2 to 3 days after surgery to help with congestion and bleeding. 1 to 2 sprays, 2 times a day is appropriate. If you have excessive bleeding, call the office.

10. Your nose:

□ CONTAINS PACKING. When packing is used, there will be complete nasal obstruction. This packing is usually removed at the first post-op office visit. Do not disturb the packing.

□ SEPTAL SPLINTS SUTURED IN PLACE. Septal splints are usually removed at the first post-op office visit.

□ CONTAINS PACKING AND SEPTAL SPLINTS. These will be removed at the first post-op office visit or week following your surgery. A cool mist vaporizer used at night for the first week will also help prevent excessive dryness.

□ CONTAINS NO PACKING OR SPLINTS! Follow the nasal spray routine as described above.

11. If antibiotics have been prescribed, take them as directed until completely gone.

12. If an external splint (aqua plast) has been applied to the bridge of your nose, it must remain in place until you are seen in the office at one week post-op. If it "falls off" before that time, contact our office.

13. External incisions, if applicable, should be cleansed 3 to 4 times a day with hydrogen peroxide and a thin film of the prescribed ointment applied. These sutures will be removed at your first post-op visit.

14. Please call the office if you have any questions, which are not answered here. It is very important that you keep your post-op appointments so that your progress can be closely monitored.

If you have any questions or concerns, please give our office a call at 317-844-7059 Ext. 1417. Thank you.