

PATIENT INSTRUCTIONS FOR SINUS AND NASAL SURGERY

Things to Do

- **Medications:** Certain medications (antibiotics, pain medication, steroids and nausea medications) may have been prescribed during the recovery period. All medications should be taken as directed. Your pharmacist is an excellent resource for any medication questions that may arise. Narcotic pain medication may cause drowsiness, nausea or constipation. Do not drive or operate heavy machinery while on pain medication. A stool softener may be taken to prevent constipation associated with your pain medication. Do not take any additional Tylenol, as the pain medication typically prescribed contains Tylenol. Taking medications with food may help prevent nausea.
- **Nasal care:** Begin using over the counter nasal saline spray (i.e. *Ocean spray*) the day of surgery. Spray/mist 2-3 sprays into both nostrils four to five times a day until seen in the office. Mild bleeding is expected for 3-4 days after surgery. You can wear nasal drip gauze and it can be changed as needed. You should clean the dried blood and secretions from the outermost part of your nostrils twice a day using a Q-tip and hydrogen peroxide mixed with water in a 1:1 ratio. You may have packing or splint in your nose; these will typically be removed at your first follow up.
- **Nasal washes:** Start nasal washes (i.e. *NeilMed*) the day after surgery. Perform 1-2 washes in each nostril twice a day until your follow up visit.
- **Diet:** A liquid diet is typically initiated after your surgery and may be progressed to a light meal if you do not experience any persistent nausea and vomiting that may occur with general anesthesia. You may progress to a regular diet along with generous fluid intake the next day if you experience no nausea or vomiting.
- **Activity:** Elevate your head at all times for the first 4-5 days after surgery, even when you are sleeping. You may shower and wash your hair the day after your surgery. You may gradually increase your level of activity up to a pace of a 15-minute walk.
- **Follow up:** You will have a follow up appointment 1-2 weeks after surgery. Any splint and packing will be removed along with an endoscopic cleaning of your nose to remove the blood and mucus that naturally accumulates.

Things NOT to Do:

- Do not blow your nose forcefully until your follow up appointment.
- Avoid lifting anything greater than 15 pounds.
- Do not take any Aspirin, Ibuprofen, Motrin, Midol, Aleve, Advil, Coumadin or any other medications that may cause you to bleed easily for one week before and one week after surgery. If you are uncertain, contact your pharmacist or my office.

It is normal to feel like you have a bad sinus infection after surgery due to swelling. You may experience a headache, congestion, facial pressure, bloody or mucus drainage, sore throat, coughs, facial pain and ear pain.

My office is eager to support you through this process. Please do not hesitate to call if you have any questions or problems. Call my office if you have excessive bleeding, persistent fever >102, excessive swelling, severe pain not relieved by pain medications, increased swelling around the eyes, neck stiffness or deep head pain, continued nausea or vomiting, visual changes, shortness of breath, or any other concerns.