

POSTOPERATIVE INSTRUCTIONS

FOR NASAL AND SINUS SURGERY

(Septoplasty, Septoplasty and turbinectomy, endoscopic sinus surgery)

Diet

Patients who have received general anesthesia may experience some nausea and occasionally, vomiting. It is therefore preferable to eat a bland light meal or a liquid diet on the first day after the surgery. Regular diet may be resumed the next day.

Wound care and other information

1. Elevate the head at all times. Sit in a recliner or use two or three pillows when sleeping. Head elevation reduces bleeding and swelling.
2. Take the pain killers with some food or a piece of toast. This reduces nausea.
3. You may take a shower with lukewarm (not hot) water. Make sure you have someone with you in the house in case you feel drowsy or fainty from taking pain killers.
4. Do not remove packing or splints if present. You may have to breathe from your mouth if the splints get occluded with mucous or clots. This may cause a dry mouth. It is therefore very important to drink a lot and maintain adequate hydration.
5. Bleeding is expected for two to three days after surgery. Just change the drip pad as needed and keep the nostril clean. Clean the dried blood and secretions from the nostrils with hydrogen peroxide 3% and Q-tips dipped in hydrogen peroxide, followed by application of an over-the-counter topical antibiotic (Bacitarin or Neosporin) three times a day.

Care after removal of packs or splints

1. Do not blow your nose for at least one week from the day of surgery. Avoid heavy lifting or straining. These activities will increase the likelihood of nasal bleeding.
2. If you have to sneeze, please do it with your mouth open. This prevents excessive pressure build-up and bleeding from the nose.
3. Do not take Aspirin or products containing acetyl salicylic acid. Aspirin prevents clotting and increases the bleeding.

4. After the removal of the nasal splints or packs, use saline spray (Ocean Spray, Ayr, NaSal, Sea Mist, generic normal saline) 6 to 8 times daily to keep the mucosa moist and to help loosen the crusts. Also, use the SinusRinse Bottle (<http://www.neilmed.com/usa/index.php>) twice a day.

5. Avoid lifting or exercising in order to decrease the risk of bleeding due to a rise in blood pressure. If excessive bleeding occurs, rest, elevate the head of the bed and put ice compresses on the face and neck. Any concerns?, do not hesitate to contact our office.

Medications

An antibiotic is usually prescribed following the surgery. You may also receive a prescription for painkillers in the form of codeine or hydrocodone. These products cause somnolence, drowsiness and constipation. Occasionally, Phenergan suppositories may be necessary for nausea or vomiting.

Follow-up

Please return to follow up to be seen in the office as per the appointment that was given to you

PHONE: 410- 554 4455 at our Union Memorial Hospital office, 433-444 4848 at our Good Samaritan Hospital office, 410-554 NOSE (6673) at our Lutherville Office
