

# POST-OP INSTRUCTIONS

## SINUS SURGERY / NASAL SURGERY INCLUDING SEPTOPLASTY

### DIET

- Regular diet as tolerated. Drink an adequate amount of fluids, at least 6 -8 glasses per day.
- If nausea or vomiting occurs, withhold food and liquids for 1 hour, then start again with clear liquids. Progress diet as tolerated. Avoid spicy or greasy foods for at least the first 24 hours.

### GENERAL INSTRUCTIONS

- Sleep with head elevated on several pillows or sleep in a recliner to prevent worsening of swelling and to allow surgical swelling to decrease more rapidly.
- Change your nasal drip pad as needed. Bloody drainage is expected for the first several days. If you have bright red bleeding, then compress the soft part of the nostril with 2 fingers for 10 minutes. If this does not stop the bleeding, then clear any blood from the nose and use Afrin nasal spray. Afrin is an over-the-counter medication. Saturate a cotton ball with Afrin and place it inside the nostril for 10 minutes to help stop the bleeding.
- Do not blow your nose. If necessary, suck the mucous back and spit it out. After 1 week, you may blow your nose GENTLY. Sneeze with your mouth open.
- Starting the day after surgery- Use a nasal rinse (Neti-pot, Neilmed, Ayr, etc.) at least four times per day. You may also use saline nasal spray as needed to keep area moist at least 4 times daily.
- If you had a broken nose repaired (and you have a cast on the nose), do not wear glasses until advised by your physician. If you must wear glasses, tape them to your forehead to prevent putting pressure on your nose.
- A humidifier will decrease the dryness of your throat and will make you more comfortable, but not required.
- **It may take up to 5 – 6 weeks for full recovery and improvement in symptoms. Please be patient.**
- Call the office to make 7 - 10 day post-op appointment.

### MEDICATIONS

- Pain medication will be prescribed, take as directed.
- Norco and Percocet contain Acetaminophen, so do not take additional Acetaminophen while taking those medications.
- You may use any oral decongestant medications that you relied on before surgery to help relieve the post-surgical swelling inside the nose.
- Do not take ibuprofen or baby aspirin until cleared by your surgeon. If you stopped another blood thinner (aspirin, Plavix, Coumadin, Eliquis, etc) do not take it again until notified by your surgeon.

### ACTIVITY

- No strenuous activity, frequent bending, stooping, or lifting over 10 lbs until 2 weeks after surgery.
- No driving while taking narcotic pain medication.

### CALL THE DOCTOR IF ANY OF THE FOLLOWING OCCUR

- If having more than 6 completely saturated drip pads in 1 hour or excessive/consistent stream of blood running from nose after trying Afrin.
- Severe pain not relieved by pain medication.
- Persistent fever for more than 24 hours following surgery.
- Vision problems.
- Persistent nausea and/or vomiting.

**Please contact our office with any additional questions.**