



## VALLEY ENT

EAR, NOSE, THROAT & ALLERGY

### Sinus Or Nasal Surgery Post Operative Instructions

This post-operative instruction sheet is designed to help you care for your nose/sinuses after surgery and help answer any of the most common questions you may have. It is not entirely comprehensive, so if you have any questions, do not hesitate to call the office. You may call the office at: (559) 409-4720. If you are having a medical emergency, you should not hesitate to call 911.

#### What To Expect After Surgery:

##### Nasal Discharge & Bleeding:

- It is common to have bleeding and drainage after nasal & sinus surgery for the first week, especially after you irrigate your nose.
- If steady bleeding occurs after surgery, tilt your head back slightly and breathe through your nose gently. You may dab your nose with tissue but avoid any nose blowing or rubbing. If this does not stop the bleeding, you may use Afrin spray (see below).
- After surgery, a “drip pad” (rolled up gauze taped to the upper lip) may have been placed under your nose. You may remove this at any point and can replace it if necessary at your discretion (usually recommended to have no bleeding for 12 hours before removal)
- For any severe bleeding (needing to replace the drip pad every 15 minutes), please contact our office or present to the emergency room.
- It's ok to use Afrin (Oxymetazoline) OTC nasal spray 2-3 days after the procedure for bleeding. Do not use for more than 2-3 days - it can cause rebound congestion and worsen your symptoms if used beyond that time period.

##### Pain & Pressure:

- It is common to experience pain/pressure in your face, ears and around your eyes after surgery. This may feel like a sinus infection or a dull ache in your sinuses. Extra-strength Tylenol is often all that is needed for mild discomfort.
- Avoid aspirin or NSAIDs (Ibuprofen, Motrin, Aleve, Naprosyn, etc), fish oil, vitamin E for 2 weeks before and after surgery.
- The pain/pressure is usually worst the first week after surgery.
- If Tylenol is not sufficient to control the pain, you should use the pain medication prescribed.
- For any severe pain/pressure, please contact our office or present to the emergency room.

### **Nasal Congestion And Crusting:**

- It is common to experience nasal congestion after surgery. This is due to swelling and scabs. **DO NOT BLOW YOUR NOSE OR PICK YOUR NOSE.**
- Crusts are essentially scabs and mucus that build up in the nasal passages after surgery. Crusts eventually resolve. Usually, I will remove some crusts during your postoperative visit.
- Nasal irrigation helps to soften and remove scabs. **Start irrigation as soon as you get home from surgery. Irrigate your nose at least twice a day (preferably 4-5 times a day if able). You may do this more often if needed.**
- Nasal irrigation kits are available over the counter in the nasal section. Common brands include SinuCleanse or NeilMed.
- You may make your own irrigation by mixing a homemade saline rinse: mix 4 teaspoons of sea salt in 1 gallon of distilled water. Add 1-2 teaspoons of baking soda if it causes burning.
- Humidifier in the room at night (especially during the dry months).
- Place 2 sprays of AYR Saline Spray (Over-the-Counter) in each nostril 4x/day.
- Place Mupirocin (Bactroban) 2% Ointment (prescription sent to you pharmacy) gently with a q-tip into the front roof of the nose both nostrils morning and night.
- If you feel like you need to blow your nose, then please use the nasal irrigation/ rinse bottle before.
- Be careful not to bump or rub your nose and upper lip, as this action may prolong or worsen the recovery.

### **Fatigue:**

- It is common to feel mild to moderate fatigue for 7-10 days after surgery. This is normal and most patients plan on taking at least 1 week off of work to recover. Every patient is different and some return to work sooner.

### **Call Our Office If You Experience Any Of The Following:**

- Fever higher than 101 F
- Clear, watery nasal discharge
- Any visual changes or marked swelling around the eyes
- Severe headache or neck stiffness
- Brisk bleeding

### **Safety Information For Giving Medications:**

- Use medications only as directed in the amounts specified
- Avoid aspirin or NSAIDs (Ibuprofen, Motrin, Aleve, Naprosyn, etc), fish oil, vitamin E for 2 weeks before and after surgery.
- As your pain lessens, you may **replace** doses of prescription pain medications with acetaminophen (Tylenol)
- **Do NOT** drive or operate machinery if taking prescription pain medications
- Call the California Poison Control if you take too much medicine. 1-800-222-1222.

**Activity:**

- Plan to rest the day after surgery.
- Light activity only until 7 days after surgery, gradually increase activity.
- No bending over, straining, or heavy lifting (over 20 pounds) for 7 days after surgery.
- Avoid any activities that would elevated your heart rate for 7 days after surgery.

**Nutrition:**

- Drink plenty of water / fluids
- Eat light snacks initially and advance to a regular diet as tolerated the day after surgery.
- It is common for people to have less of an appetite the day of surgery

**Follow-up Appointment:**

- You should have a follow up appointment 1 week after surgery. If you haven't made an appointment yet, please call the office to schedule your follow-up appointment.

**Important Phone Numbers:**

- Valley ENT Clinic: (559) 409-4720
- Kaweah Delta Hospital: (559) 624-2000