



## POSTOPERATIVE INSTRUCTIONS FOR NASAL AND SINUS SURGERY

(Septoplasty, SMR, 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. You may eat a regular diet however, since most people experience some nausea after surgery, it may be better to eat a liquid diet on the day of surgery. Take the painkillers 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 faint 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.
6. Do not take aspirin or products containing acetyl salicylic acid. Aspirin prevents clotting and increases the bleeding.
7. 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.
8. If you have to sneeze, please do it with your mouth open. This prevents excessive pressure build-up and bleeding from the nose.
9. Do not take aspirin or products containing acetyl salicylic acid. Aspirin prevents clotting and increases the bleeding.
10. For 3 days after surgery, use over-the-counter Afrin 0.05% (or generic Oxymetazoline 0.05%), two to three times daily, in both nostrils. After five days, 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.
11. If excessive bleeding occurs, try spraying the nose with Afrin spray to constrict the vessels.

**Medications:** An antibiotic is usually prescribed for seven to ten days 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 schedule an appointment to be seen in the office in one week.

### Notification:

Notify your doctor if you develop excessive nose bleed, or fever above 101F.

For urgent or routine questions, call the doctor at (909) 466-8400; If for any reason you are unable to reach the doctor, please go to your nearest emergency room.