POST OPERATIVE PATIENT INFORMATION
NASAL SURGERY/ENDOSCOPIC SINUS SURGERY

ACTIVITY: Avoid strenuous exertion including heavy lifting, bending and straining for at least 14 days after surgery. This limitation may be extended for a longer time in some cases. If this is true for you it will be explained to you at your first postoperative office visit. Any post op bleeding may extend your limitations.

DIET: Unrestricted – resume your usual diet. Avoid alcoholic beverages for 24 hours.

MEDICATIONS: For best surgical result, take all medications as prescribed at discharge. No aspirin products or blood thinners should be taken for at least 7 days following surgery unless instructed to do so. You may begin Ibuprofen the same day as surgery. Do not use nasal steroid sprays post-operatively until instructed to do so.

Immediately after surgery you may begin using saline spray to help keep your nose clean, you may also clean the OUTSIDE of your nose with hydrogen peroxide on a Q-tip. At your first post-operative visit, an antibiotic saline spray (Saline B) will be prescribed for you, use 2 puffs in each nostril at least 6 times a day, and sniff after each spray. The more you use the spray, the faster you will heal.

SPECIAL PRECAUTIONS: Nose blowing will be restricted. Do not blow your nose for 2 weeks following surgery. Follow the instructions given by your physician. If sneezing occurs, open your mouth wide during the sneeze to reduce that nasal pressure.

Avoid cigarette smoking or exposure to smoke filled environments as much as possible. If you are a smoker and wish to stop, we have information to assist you. Ask about it at your follow-up visit.

Anyone having a general anesthetic should not participate in any activity requiring mental alertness, physical coordination, or balance for 24 hours after the anesthetic, e.g. driving, bicycling, etc., or while taking narcotic pain medication.

Severe eye pain or visual disturbances should be reported to the physician immediately.

COMMUNICATION: Nasal drainage/congestion: Nasal drainage of bloody mucus or occasionally of yellow-green character along with nasal congestion can be expected for as long as 1-6 weeks following. Nasal debridements will be performed on your post op visits for congestion, drainage, and comfort and to speed healing. Use your Saline-B spray more frequently if you experience increased congestion, drainage, or pain, as this will minimize nasal debris build-up.

BLEEDING: If bleeding occurs, sit with your body leaning forward and allow the blood to flow into a container; use this container to estimate blood loss. Apply ice to the back of the neck and spray afrin or neosynephrine to help reduce the bleeding. A small amount of bleeding postoperative is not unusual. Bleeding of more than one cup or for more than 10 minutes may require an examination by the doctor. Notify the office if this occurs.
If the office is closed, either have the hospital page the ENT on call or go to the emergency room at Western Missouri Medical Center and there will be a physician there to treat you and notify the doctor.

A frequent cause of postoperative bleeding is related to high blood pressure, so take all your medications if you have this medical problem.

**Fever:** A slight fever may result from this surgery. A moderate to high temperature (greater than 101 degrees) should be reported to the office. This may require an examination and treatment.

**Pain:** Pain not relieved by the medications prescribed and/or pain of an increasing character should be reported to the office. Pain can be referred to the ears, throat, roof of mouth, teeth, and head. You may also experience post op headaches due to swelling. For refill on pain medication call the office or the hospital operator as below and have the ENT physician on call paged.

**Follow-up:** Your first postoperative follow-up appointment will be approximately 2 days from the date of your surgery. Call the office to schedule the date and time if not already done. Generally, multiple follow-up visits will be required. If you were discharged with nasal splints in place, take your pain medication one hour before your first follow-up visit. This will aid in your comfort during the removal of the splints during your visit. It will only take a few seconds to remove your splints.

If you are uncertain about any of the above items and/or have any questions regarding your progress, please call the office during the hours of Monday through Thursday, 7:00 a.m. - 5:00 p.m. If after hours, call the hospital at (660) 747-2500 and ask the operator to page the ENT physician on-call.

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