

## POST-OPERATIVE INSTRUCTIONS

### NASAL CARE

A gauze pad will be taped under the nose after surgery to absorb any discharge or oozing. The gauze should be changed as often as necessary (i.e. when soaked) and is generally not needed after 1-2 days. You may use 2-inch gauze and surgical tape, both available at any drugstore.

Using nasal saline spray (any brand or generic) will help promote healing and keep the nasal mucous membrane moisturized. Start 2 days after surgery -- 2 sprays in each nostril 3 times/day and as needed -- and continue for 2-3 weeks.

You should avoid nose blowing during the 7 first days after surgery. Sneeze and cough with an open mouth to release the pressure through your mouth and not through the nose. After days, gentle nose blowing is allowed.

### PAIN

Pain is generally mild after sinus surgery and resolves within 2-3 days. Acetaminophen (Tylenol) may be used to a maximum of 4000 milligrams per 24 hours. Ibuprofen (Advil, Motrin) and similar medications such as naprosyn (Naproxen, Aleve) and aspirin should be avoided because they can increase bleeding. Codeine and other narcotic pain relievers are typically unnecessary after sinus surgery.

### ACTIVITY

There are no strict rules for activity after surgery other than to avoid contact sports, heavy exertion, lifting > 10 pounds, or hanging upside down (e.g. yoga) for 1-2 weeks. During this period, swimming is allowed with nose plugs for diving or jumping into the pool. Bathing should be as usual. Driving is not allowed for 24 hours after anesthesia and if any prescription pain medication is taken. Sexual activity may resume in 48 hours. You might return to work in 48 hours or as instructed by your surgeon. If you are taking prescription pain medication and need to operate machinery, you should not return to work.

### DIET

There are no restrictions on food. Avoid alcohol for 1 week after surgery.

### OTHER

Avoid smoking for 2-3 weeks after surgery. Cigarette smoke irritates the operated area and also interferes with healing.

### SOME THINGS NOT TO WORRY ABOUT

A small amount of bloody discharge from the nose is common and should gradually resolve within several days. Nasal congestion may occur for several weeks from temporary swelling of the nasal mucous membranes. Hoarseness or a change in your voice may occur from the anesthesia tube (if you were intubated) and should subside within 2 days. Vomiting may occur for up to 24 hours after anesthesia. Fever up to 101 degrees is common up to 48 hours. Bad breath may persist for several days.

### WHEN TO CALL US

Call if:

- There is persistent or excessive bleeding
- Fever is 102 degrees or higher despite acetaminophen (Tylenol)
- Headaches worsen or persist despite acetaminophen (Tylenol)
- You have abnormal vision or swelling around eye(s)
- A large amount of clear or watery nasal discharge occurs and fails to subside within 3 days.

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**WE WILL SEE YOU IN THE OFFICE 1 WEEK AFTER YOUR SURGERY**