

NOSE-SINUS SURGERY POSTOPERATIVE INSTRUCTIONS

- Sinus Surgery
- Rhinoplasty

- Septoplasty
- Nose Bleed Procedures

1. ACTIVITY and DIET:

- No hot or spicy foods for one week.
- Get periodic bed rest and avoid bending, straining or lifting greater than 5 pounds for the first week. Please do not go swimming or perform any vigorous exercise for 2 weeks. This includes straining on the toilet or sexual activity.
- To reduce swelling, sleep with 2-3 pillows and keep a humidifier at your bedside.

2. SURGICAL SITE CARE:

- Change the gauze dressing under your nose as necessary. Pink to light red drainage is normal for the first few days after surgery.
- DO NOT blow your nose. When it is necessary to cough or sneeze, keep your mouth open to avoid building up pressure. Also avoid excessive movements of the upper lip and face which will cause scarring if you have nasal incisions.
- If you have packing or splints in or on your nose, these should be left in place. The doctor will remove the splints at your first postoperative visit.
- It is often difficult to breathe through your nose for several weeks because of swelling. The following nasal sprays should be started immediately after surgery:
 - Saline nasal spray – 2 sprays per nostril, every hour while awake and when you wake up at night for the first 3 days, then decrease to 5 times a day until your first follow up appointment.
 - Neil Med Sinus rinse – place one salt packet into the squeeze bottle and fill with distilled water, rinse each nostril twice a day as directed on the package. (Start the night of surgery)
- Bloody discharge and discomfort or pain around the nose and eyes is normal for up to two weeks.

3. NOSE BLEED POST-PROCEDURE:

- A pink to light red drainage is normal for the first few days after the procedure.
- Start Nasal Saline Gel tonight. This can be purchased over the counter in most pharmacies. Place a pea sized amount on the tip of your finger and coat the septum (the

vertical structure separating the left and right sides of your nose). Next, pinch the soft part of your nose together 3-4 times to spread. Apply in this fashion twice a day until your next follow up with the doctor.

• **IF YOU DEVELOP A NOSE BLEED:**

- If you experience brisk bleeding, use 3-4 sprays of Oxymetazoline (Afrin) in each nostril. Repeat 30 minutes for a total of 3 doses. Also place a bag of frozen peas gently on your face and nose. Call our office if these measures have not controlled your bleeding.

4. MEDICATIONS:

- Take only the medication that has been prescribed for you for pain control. Do not drive while taking narcotic medications. **Do not take Aspirin, Motrin or Advil as these may cause bleeding.**
- An antibiotic will be prescribed. Take this medication as directed and until finished.
- If you experience brisk bleeding, use 3-4 sprays of Oxymetazoline (Afrin) in each nostril. Repeat 30 minutes for a total of 3 doses. Also place a bag of frozen peas gently on your face and nose. Call our office if these measures have not controlled your bleeding.

5. CALL US IF YOU EXPERIENCE:

- Persistent, brisk bleeding unresponsive to the strategies above.
- Fever above 101° degrees, skin rash, nausea or vomiting (keep in mind nausea is a side effect from some pain medications as is diarrhea with antibiotics)
- Asymmetric swelling of one eye, visual changes (blurred or double vision), or severe pain of the eyes.
- Unrelenting pain or headache which is worsening, not getting better. (may be common after anesthesia)

**Please call our office with any additional questions or concerns.
715-828-2368**