

## ENT ASSOCIATES

Michael J. Brown, M.D.

Jeffrey C. Nau, M.D

502-897-7300

### **POSTOPERATIVE INSTRUCTIONS** **NASAL AND SINUS SURGERY**

The postoperative care is essential to the success of this surgery. Nasal packing placed during surgery will either be removed in the recovery area prior to discharge or in the office a few days after surgery. If septal splints are placed, your surgeon will remove them in the office 3-7 days after surgery. Most patients can return to school or work in 3-5 days. Your diet is not restricted following surgery, but start with liquids.

### **INSTRUCTIONS AND EXPECTATIONS**

- Most patients have several days of congestion and pressure. You may also have mild to moderate headaches and low-grade temperatures (less than 101.5 degrees).
- Call the office if you experience severe headache, temperature above 101.5 degrees, swelling around the eyes or blurred vision, heavy bright red bleeding or clear fluid from nose.
- Elevate the head at all times. Sit in a recliner or use two or three pillows when sleeping. Head elevation reduces bleeding and swelling.
- 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 from taking pain medications.
- It is very important to drink a lot of non-caffeinated, non-alcoholic fluids to maintain adequate hydration.
- Bleeding is expected for 2-3 days after surgery. Just change the gauze drip pad as needed and keep the nostrils clean. If the bleeding worsens or persists, spray your nose with Afrin (Oxymetazoline), 2-3 sprays each side two times daily. If the bleeding still does not stop, call your surgeon.
- Do not blow your nose or snort inward at least 2 weeks from the day of surgery. Avoid bending, lifting more than 10 lbs or straining for at least 2 weeks, as these activities promote bleeding.
- Do not fly, swim or dive for 2 weeks. You may resume all normal activities 2 weeks after surgery.
- If you have to sneeze, do so with your mouth open. This prevents excessive pressure build-up and bleeding from the nose.
- Do not take Aspirin or other non-steroidal anti-inflammatory medications (Advil, Motrin, Naproxen, etc.) for 2 weeks.
- You can expect to have thick brown drainage for many weeks following surgery. This occurs as the sinuses begin to clear themselves.

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### **MEDICATIONS**

**Saline nasal spray** should be used **hourly while awake (8-10 sprays each nostril)**, unless otherwise instructed, to keep the mucosa moist and to minimize crusting. This is the **most** important instruction to ensure proper recovery following endoscopic sinus surgery. An antibiotic is usually prescribed for 7-10 days following surgery. If diarrhea occurs, stop the antibiotic. If this is severe or persists after stopping the antibiotic, notify our office. You will also receive a prescription for a pain medication in the form of codeine or Hydrocodone. These narcotic pain medications cause drowsiness and constipation. Do not drive, operate heavy machinery or make important decisions while on these medications. You may need to take an over-the-counter stool softener if you become constipated. A medication for nausea may also be prescribed and the preferred route for this a suppository.

### **FOLLOW-UP**

Please make a follow-up appointment to be seen in \_\_\_ days by calling the office at the phone number above.

**Thank you again for the opportunity to participate in your health care! Please let us know if we can answer any further questions or how we may make your surgical experience more pleasant!**

**JEFFREY C. NAU, MD**