



POST-OP NASAL AND/OR SINUS SURGERY INSTRUCTIONS

FLUIDS: It is very important to remember to stay hydrated after any surgery.

DIET: There are no diet restrictions after the surgery. You may eat anything you can tolerate.

BLEEDING: As discussed at your initial appointment, bleeding will occur after surgery. There will be a sling over the face and nose to hold gauze dressings in place to catch the blood. Initially the blood may soak the dressings every 10-15 minutes and you will be sent home with some additional gauze to change it. Gradually, the bleeding will slow down, but if it does not you may use Afrin nasal spray (3-4 sprays in each nostril) to reduce the bleeding. It is common for the nose to bleed for several days and will likely continue to drain pink mucous or thin blood until the splints are removed at your first post-op appointment.

CONGESTION & SPLINTS: If you had your nasal septum repaired you will have splints in each nostril. These have small tubes or straws to allow air flow through your nose. It is common for these to get plugged with dried blood shortly after surgery which can create significant congestion and pressure. Unfortunately this will not be relieved until the splints come out at your first post-op visit. To help relieve some pressure you can use hydrogen peroxide on a Q-tip to clean around the outside of the nose and just inside each nostril. A steamy shower and/or use of saline sprays may help loosen up blockage as well.

SALINE SPRAYS: You may use a saline rinse or spray to keep the inside of the nose and splints moist and to rinse out some of the clots/crusts. In addition to keeping the nose moist, using a saline rinse or spray will make removal of the splints easier and help you breath. After the splints are removed, the nose can be flushed out with “nasal saline rinses.” These flushes are best done using a “Nasal Saline Rinse Kit” available at most pharmacies. These will open the nose, decrease congestion, and make you feel better. The best technique is to bend your head over a basin/sink or in the shower and flush each nostril with about 4 ounces of water through each nostril. Keep your mouth open and allow the fluid to drain back out through both nostrils and the mouth as well. Initially the sensation may make you feel like you are drowning, but is perfectly safe and will actually feel refreshing and good. In addition, frequent use (2-6 times/day) of saline mists will help keep the nose moist and improve comfort.

MEDICATIONS: The typical medications given after sinus surgery are -

- **Pain medicine** – Typically you will be prescribed Lortab (hydrocodone/acetaminophen) or Percocet tablets (oxycodone/acetaminophen). You should not drive or go to work while using Lortab or Percocet. If the pain is mild, you may use over the counter medications such as ibuprofen (Advil) or acetaminophen (Tylenol) and you may return to work.
- **Antibiotic:** You may be given a prescription for an antibiotic to prevent an infection while you are healing, but this is not always necessary.

ACTIVITY RESTRICTIONS AND RETURNING TO SCHOOL/WORK: Typically you will need at least 5 days to recover, but ideally it is better to have 7-10 days to recover. You should limit straining, lifting, and bending over for the first week as this will increase the risk of bleeding. If you are doing well enough to take Ibuprofen or acetaminophen you may go back to school/work

FOLLOW-UP: Each patient who undergoes surgery should be seen in our office within 4-6 days. This appointment is usually scheduled at the same time you scheduled your surgery, but if this was overlooked, please call the office to schedule this visit.

QUESTIONS OR PROBLEMS: Should you have any concerns, questions, or problems during your post-operative recovery period, please do not hesitate to contact the office at **208-656-9646 during business hours**, or **208-419-3254 after hours**. If unable to reach our nurse on call, please go to Madison Memorial Hospital ER and they will page your doctor.

Sincerely – Dr.’s McMaster and Peterson