



SINUPLASTY/ INFERIOR TURBINATE REDUCTION POST-OPERATIVE INSTRUCTIONS

POST-OPERATIVE CARE

You will leave the procedure with a mask and gauze under your nose to catch any bleeding. You will need to replace with clean gauze when necessary. We will provide you with extra gauze. You can stop wearing the mask when the bleeding stops, typically 1-2 days after your procedure. It is not uncommon if you may cough or sneeze and the bleeding restarts. If this occurs then start wearing your mask again. The following day after your procedure, you will need to perform saline irrigations at least three times a day. It is very normal to have mild bleeding or small blood clots in the saline flush. If there is active bleeding that does not stop with pressure and ice application after 20 minutes, you will need to notify our office. Do not blow your nose for 1 week, this could cause bleeding. If you need to sneeze, open your mouth, as the increased pressure could also cause bleeding.

MEDICATIONS

Take your pain medications as directed, typically Norco 1-2 tablets every 4-6 as needed for pain is recommended. It is not uncommon to experience more pain one week following your procedure compared to right after your procedure. During that time period you may take more pain medications than previously. Do not be alarmed as this is normal. Take your pain medications with food and do not drink alcohol or drive while using pain medication. You may resume all of your regular medications except for blood thinners and aspirin which we will discuss with you on an individual basis.

ACTIVITY

We recommend you avoid strenuous activity for 48 hours after your procedure. Then gradually increase activities when you feel comfortable. Sleeping with your head elevated above your heart for the first 3-5 days is recommended. This will help reduce the post-operative bleeding.

DIET

You may return to normal diet after the procedure.

WORK

You may return to work the day after the procedure.

TRAVEL

No airplane travel for 2 weeks following your procedure due to risk of bleeding.

CALL OUR OFFICE (760) 479-2100

For a persistent temperature above 101.5 degrees or severe chills, nausea or vomiting, pain not relieved by oral medication, difficulty breathing or profuse bleeding.

FOLLOW UP APPOINTMENTS

After the procedure, it is necessary to have 2-3 post-operative debridement visits. These visits are vital to healing properly. At this time, we will discuss your pathology and culture results, if applicable. These appointments should already be scheduled for you by our surgery scheduler.