



## SINUS SURGERY/TURBINATE REDUCTION/SEPTOPLASTY POST-OPERATIVE INSTRUCTIONS

### POST-OPERATIVE CARE

You will leave the surgery 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 you may cough or sneeze and the bleeding may restart, if this occurs then start wearing your mask again. Please restrain from blowing your nose, picking at your nose or sneezing for 2 weeks. If you must sneeze, open your mouth to reduce pressure in your nose and prevent bleeding. You may dab your nostrils gently but avoid any movement of your nose during wiping.

2 days after your surgery, 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. It is normal to have bleeding for the first 3-5 days after sinus surgery, especially after you irrigate your sinuses. During the first day, there is usually more significant bleeding and then the nasal discharge turns to blood tinged mucous the 2nd and 3rd days. The nasal drip pad and gauze (provided for you in the recovery room) will catch this bleeding. Change the gauze when saturated. ***If the gauze is saturated within 20 minutes, this is too fast.*** If this occurs, please start with placing an ice pack over the bridge of your nose, base of your neck and push ice chips to the roof of your mouth. You can apply ice every hour for 20 minutes and this typically will get the bleeding to slow down and eventually stop. If it does not, please call our office (there is always an on-call provider who is available to you after hours).

### MEDICATIONS

Take your pain medications as directed. You should take your pain medication with food and do not drink alcohol or drive while using your pain medication. For the first few nights you should set your alarm for every 4 hours to take your pain medication. Please do not take NSAIDS (Motrin, Ibuprofen, Advil, Aleve, Alka-Seltzer) as they have a blood thinning effect and can increase your risk of bleeding. It is not uncommon to experience more pain one week following your surgery compared to right after your surgery. During this time, you may need to restart your medication. Do not be alarmed as this is normal and part of the healing process. It usually lasts between 1-3 days. When taking narcotic medication regularly you may begin to experience constipation and should take an OTC stool softener (such as Docusate Sodium). Do not restart your blood thinning medications until told to do so by your provider.

### ACTIVITY

No heavy lifting or straining for 2 weeks. For the first few days, it is recommended to sleep and rest (watch TV or read a book). Going for walks during the first few days is a good idea. After the first week, you may slowly progress your activity and by the second week you can return to normal activity.



## **DIET**

Patients who have had general anesthesia may experience some nausea and/or vomiting. Therefore, we recommend you eat and drink in small quantities for the first 24 hours. Start with liquids and advance to a regular diet as tolerated.

## **GENERAL ANESTHESIA**

Do NOT drive for 24 hours following general anesthesia or while taking pain medication. Do not drink any alcohol for 24 hours following general anesthesia or while taking pain medication. You must arrange for a ride and have a responsible adult stay with you for 24 hours after surgery.

## **WORK**

Most patients plan to take at least 1 week off of work to recover. Every patient is different and some return to work sooner. This will depend on the extent of your surgery, your recovery experience and the nature of your work.

## **TRAVEL**

No airplane travel for 2 weeks following sinus surgery; the cabin pressure changes can cause pain and swelling and possibly bleeding within the sinuses.

## **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**

You will typically have 3 post-operative visits depending on your surgery. These appointments are typically scheduled 1 week, 3 weeks and 8 weeks following your surgery and are already scheduled for you by our surgery scheduler. During these visits, we will remove blood clots that have formed following surgery. These visits are very important to aid in the healing process and prevent scarring, so it is essential you attend. There is some discomfort involved with debridement so it is recommended you take a pain medication (Tylenol or narcotic pain pill if you have someone drive you) 45 minutes before your visit.