

POST OPERATIVE INSTRUCTIONS – NASAL SURGERY

Please read this sheet before and after your surgery and follow all instructions to assure the best result from your surgery.

- › Please arrive to the hospital on time. If you are late, your surgery may need to be postponed or delayed.
- › It is very important that you arrive with an empty stomach. If you drink water, coffee, etc or have anything to eat after midnight the night before, your surgery will be cancelled, to ensure your safety.
- › You must have someone drive you home and stay with you the first night after surgery. There are no exceptions to this rule. Please make the appropriate arrangements well in advance. You cannot take a cab or bus.
- › Do not take any aspirin or aspirin containing products (Excedrin, etc.) for 7 days prior to your surgery. Let me know if you are on a blood thinner (Coumadin / Warfarin).
- › After surgery there may be some packing in your nose. It will be removed before you leave the hospital or the following day in the office.
- › Expect to have some bloody drainage for 2 – 3 days after surgery, if bleeding is heavy/persistent call the office.
- › Do not blow your nose for 1 week after surgery, this may cause bleeding or swelling if you do. Using your saline spray will help to relieve the discomfort.
- › Please use your saline spray often, at least 5 – 6 times per day. You can use it every hour or so, it will only make you feel better.
- › Please be aware that the narcotic pain medications (Vicodin / Lortab) do cause constipation. Use an over the counter aid, if needed, and discontinue the pain medication as soon as possible.
- › Sleep with the head of your bed elevated (approx. 30% angle) for the first 5 days after surgery, this will help relieve congestion.
- › Do not plan to fly or travel out of town for at least 2 weeks after your surgery. Air travel will cause sinus and ear pain. Also, if you have any problems I will not be able to assist you if you are out of town.
- › You may eat a light dinner the night of the surgery, if your stomach is OK.
- › If you had sinus surgery (ethmoids, maxillary surgery, etc.) you may want to take one pain pill or Ibuprofen (400mg) before your first post op visit. I will be cleaning old blood out of sinus and this may be uncomfortable for you. Have someone drive you to that appointment. This does not apply to those who had septoplasty or turbinate reduction only.

Finally, please call the office and talk to the medical assistant if you have any questions of concerns about your recovery. Be patient, it will take a week or 2 until you feel normal again.