

## Nasal/Sinus Surgery Post Operative Instructions

**What to expect:** A small to moderate amount of bloody secretions may drain from your nose the first 24-48 hours. A gauze drip pad can be applied under your nose with a piece of tape as needed. It would not be unusual to change the drip pad up to 3 times an hour for the first 24 hours.

**Nasal Packing** is used to prevent bleeding. If present, it will remain in place from 1-7 days and usually will be removed by your doctor in the office.

**If your doctor has told you to remove your nasal packing**, usually on the day after your surgery, moisten the packing first with saline spray and Bacitracin ointment, then remove.

You may have **absorbable packing** in your nose. This could stay in your nose for 1-2 weeks before absorbing. During this time, you may experience large amounts of thick mucous from your nose. You may even see some of the packing material come out of your nose. This is normal.

While the packing is in your nose, your nose may be blocked, and you must breathe through your mouth. Taking frequent sips of water, ice chips or popsicles, using lip balm, a humidifier or a vaporizer will help keep your mouth and throat from becoming too dry. Sleeping in a recliner or with your head elevated on 2-3 pillows will promote easier breathing and comfort.

**Nasal splints:** If used, are applied inside the nose on each side of the septum to support it. They will be removed in the doctor's office in approximately one week.

**Bad breath:** is common after surgery that involves the nose or the mouth.

**Nausea:** may occur from general anesthesia or swallowing blood. Vomiting old bloody or coffee ground looking material may occur. Your bowel movements may be black for a few days after surgery due to the blood that was swallowed. If nausea or vomiting becomes severe or persistent, please call the doctor.

It's normal to have complaints of headache, dizziness, weakness and nausea.

**Activity:** Avoid all strenuous, heavy physical activity until cleared by the doctor. Do not stoop, bend over, or lift heavy objects until discussed with your doctor. No showering until nasal packing is removed. Avoid hot showers for 2 days if there is no nasal packing.

**Diet:** Avoid hot foods and hot steamy fluids for 7 days. Lukewarm foods are best. Otherwise resume your normal diet as tolerated.

**Pain:** Use pain medication as prescribed. After a few days you may have less pain and may take Tylenol (acetaminophen) for discomfort.

### **General**

**Instructions:** Do not blow your nose until discussed with your doctor. Open your mouth when you sneeze. Lean forward and gently spit out any blood you feel or taste in the back of your mouth. **If you are spitting out bright red blood, call your doctor.** No showering until the nasal packing is removed. You may **gently** clean the **front** of your nose with a Q-tip dipped in peroxide. Do not go any deeper than the cotton on the Q-tip. Once nasal packing is removed you may use a saline nasal spray, as directed by your physician, that can be purchased at your pharmacy. **Do not take Aspirin, Aspirin products, Motrin, Ibuprofen, Advil or Aleve until cleared with your Doctor.** These could increase bleeding. Neosynephrine or Afrin nasal sprays are to be used only as directed by your physician. No smoking, it delays the healing process.

### **Call the Doctor:**

- For excessive bleeding from your mouth or nose
- Persistent, severe pain, not relieved by your pain medication
- For symptoms of infection: fever over 101°, redness, and foul-smelling drainage coming from your nose.
- For a severe headache or pain
- Displaced packing or splints

**Follow up:** Call for a follow up appointment at **401-885-8484**.