

POST OPERATIVE SINUS SURGERY INSTRUCTIONS

PAIN: Some nasal pain and pressure is normal for up to 1-2 weeks after surgery. A sore throat from the breathing tube is also normal for 2-3 days after surgery. For pain use Extra-Strength *Tylenol* (Acetaminophen) since it is usually strong enough. If *Tylenol* is not strong enough use the pain killer you were prescribed. DO NOT use any "Aspirin-Type" (NSAID) pain killers for at least 2 weeks since they increase bleeding, and include *Advil, Aleve, Naprosyn, and Motrin* among others (so read the label first). Use of an ice pack to the forehead and cheeks is fine if you find it helps but is not required.

DIET: You may eat your regular diet and drink plenty of liquids.

ACTIVITY: Fatigue is normal for up to 2 weeks and most patients plan on taking the rest of the week off from work. Regular walking and light activity are encouraged starting the day after surgery. Avoid any strenuous physical activity including bending, straining, heavy lifting, or rigorous exercise for 2 weeks after surgery. Showering or bathing is permitted, but no swimming or submerging the head for 2 weeks. DO NOT blow your nose hard for at least 1 week after surgery. After 1 week you may begin to blow your nose gently to help clear crusts. If you feel the need to sneeze or cough, do not try to stop it, instead sneeze or cough with your mouth open. Gentle dabbing with tissue and gentle sniffing is ok but do not pick inside your nose.

BLEEDING: Mild bleeding and old bloody drainage is normal for up to 2-3 weeks after surgery. A 4" x 4" gauze pad folded in half and taped under the nose works well to catch drainage and should be changed whenever soiled or saturated. If steady fresh bleeding continues, tilt your head back slightly and breathe gently through the nose. If bleeding continues spray 3 sprays of *Afrin* (Oxymetazoline) into the nose on both sides. As old blood clots dissolve after surgery they can cause an odor and thick brownish drainage for 2-3 weeks after surgery.

NASAL CARE:

- (1) Start **Saline Rinses** (1 teaspoon of salt in 1 quart of warm water squirting gently into the nose using a soft rubber bulb syringe 3 times a day) starting the day after surgery (unless you continue to have fresh bleeding – see BLEEDING section above) to help PREVENT and clean out old blood clots and crusts. You will continue to rinse at least twice a day until your 14 week appointment.
- (2) DO NOT use your steroid nasal spray (*Flonase, Nasocort, Nasonex, Rhinocort, or Veramyst*) until you see Dr. Lueg for your 14 week postop appointment. Steroid sprays cause an increase in dry crusts.

FOLLOW-UP APPOINTMENTS:

You will follow up in 2 weeks and then again in another 3 months (14 weeks) after your 2 week follow-up.

NOTIFY: our office immediately (643-9999) and go to the nearest ER if any of the following occur:

- brisk new fresh bleeding occurs and continues for more than 30 minutes despite using *Afrin* nasal spray
- you have a fever more than a day after surgery which is higher than 101.5 Fahrenheit
- constant clear watery or salty-tasting drainage occurs after the first week of surgery
- any double or blurred vision occurs or marked or increasing swelling around the eyes
- severe, worsening headache or neck stiffness develops
- you have any other serious concerns