

Sinus Surgery, Septoplasty, Turbinate Reduction Postoperative Care

- ❖ After surgery, you may have a dressing under your nose to absorb drainage. You may remove this dressing after you return home. It is not unusual to have blood stained drainage from your nose for two to three days after surgery. It is also not unusual to have nasal congestion, headache or a low grade fever after your surgery. You may have pain or numbness in your front teeth and hard palate after surgery. These symptoms are temporary and should improve.
- ❖ Start saline (salt water) nasal irrigations the same evening as surgery if possible, then 2-3 times a day afterwards which helps decrease infection and speeds recovery. Use over the counter saline irrigations that you can purchase in any pharmacy, or you may use over the counter saline sprays at least 4 times daily. You can expect to have some thick brown drainage from your nose. This is mucus and old blood. This does not necessarily indicate an infection.
- ❖ Do not blow your nose for 1 week after surgery. If you must, blow gently. Do not be alarmed if you see dissolving suture or thick gelatinous mucous as absorbable material may have been placed in your nose during surgery to decrease bleeding. Stents are typically not placed post operatively.
- ❖ Do not bend, lift or strain for 1 week after surgery. These activities will promote bleeding from your nose. You should not participate in rigorous activity until healing is completed.
- ❖ Do not suppress the need to cough or sneeze; instead, cough or sneeze with your mouth open.
- ❖ Do not take aspirin and nonsteroidal inflammatory drugs (ibuprofen, naproxen, Advil, Motrin, Aleve, etc.) for a full 7-10 days after surgery.
- ❖ Sleep with your upper body elevated for the first 2 after surgery.
- ❖ Take your prescribed medications as directed by your physician. Do not drive, operate any machinery, or drink any alcohol for 24 hours while taking narcotics.
- ❖ If you are taking blood-thinning drugs (Coumadin, Plavix, Eliquis) upon the recommendation of a physician, please ask your physician about the best time to resume these medications.
- ❖ If you experience a sudden increase in nasal bleeding, spray over the counter Afrin (oxymetazoline) nasal sprays (2 sprays each side) and pinch your nose along the fleshy, soft part with your fingers for at least 10 minutes with your head upright until the bleeding stops. Avoid using Afrin for more than 3 days. If you are unable to stop bleeding, call the office or go to the emergency room.
- ❖ In general, you may resume other medications on the day after surgery. If you have questions, please ask your physician.

ABOUT POST-OPERATIVE CARE VISITS

Call our office for your follow up appointment if you do not already have one scheduled. Post-operative office visits are an indispensable part of the surgery, since they help promote healing and prevent persistent or recurrent disease. During these visits, the inside of the nose and sinuses are cleaned and inspected. Early scar tissue may be removed, and the medical treatment strategy will be adjusted. Your first post-operative visit will typically occur within the first week after surgery, and you should expect two to three post-operative visits within the first few weeks after surgery. Failure to follow the post-op care regimen can adversely affect the outcome of the surgery.

WHAT TO EXPECT AT YOUR POST-OP VISITS

During each post-op visit, your physician will ask several questions about your current symptoms and perform an endoscopic examination. Early post-op visits often include endoscopic debridement. During this office procedure, your surgeon will remove debris (old blood, mucus, devitalized tissue) from your sinus cavities. Infected secretions may be sent for cultures. This procedure is performed with topical anesthesia during a

regular office visit. You may experience some discomfort post-operatively due to manipulation and inflammation. Take your pain medication as directed. Often, extra-strength Tylenol is sufficient. You may wish to take your medication for pain prior to your post-operative visits (particularly early on when the nose is most sensitive). If the medication is sedating, be sure to have someone available to drive you.

Please call us immediately if you note fever (above 101 ° F), clear, watery drainage from your nose, changes in your vision, eye swelling, worsening headache and/or neck stiffness. Do not hesitate to contact our office for any questions and for any possible emergency situation. If necessary, do not hesitate to go to the emergency room for immediate care. All emergency situations must be referred to St. David's North Austin Medical Center (12221 N. Mopac Expwy 78758 (512) 901-1000).