

Sinus Surgery Post-operative instruction sheet

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Post operative instructions & What to expect.

- You must come to surgery on empty stomach. This means ***NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.*** This includes all foods, all liquids, gum, candy, mints, etc.
- Surgery will be cancelled if the patient does not have a completely empty stomach.
- Our office will provide an exact arrival time for the hospital/surgery center.
- If you take aspirin, coumadin, Plavix or any other blood thinner, please ask when to stop these medications ahead of surgery if you doctor has not told you when to do so already.

Office 540-443-7400

Wound care and other information

- You will have some bloody drainage/mucous from your nose, and possibly down the back of your throat. This is normal and expected. This drainage will initially be red, and will fade towards a brown color. If you get significant bright red bleeding, spray the affected nostril with Afrin (oxymetazoline) 3 sprays every 5 minutes for up to 30 minutes. If this does not control the bleeding, call the office.
 - Do **NOT** use the Afrin for more than 3 days in a row, as it is addictive.
- Your nose will be very congested for 1-2 weeks. The full improvement in your breathing may take up to 6 weeks as the healing process continues.
- Use a mustache dressing as needed to catch the bloody nasal drainage for the first 1-3 days.
- Elevate your head for 1-2 days. Sit in a recliner or use two or three pillows when sleeping. Head elevation reduces bleeding and swelling.
- It is OK to shower or bathe as normal.
- Keep a bottle of saline spray with you at all times starting the day after the surgery. You may use as often as you wish, but use at least 4 sprays on both sides of the nose at least 5 times a day.

Medications

- Do not take Aspirin or Plavix for 5 days after surgery **UNLESS** directed to do so by your doctor. If you take Coumadin (Warfarin), ask your doctor when to resume that medicine.
- Unless directed otherwise, resume all your usual home medicines at their usual doses and schedules. You will be given a prescription for pain medicine, use it as needed. Try to take pain medicine with some food or a piece of toast; this may help reduce any nausea. Prescription pain medicine may be prescribed for pain every four hours. After several days, plain Tylenol and Ibuprofen should be sufficient for pain control.
 - Ask your doctor if it is safe to alternate the prescription pain medicine with Ibuprofen (Motrin/Advil) every two hours for adequate pain relief.
- You may also be given one or more of the following: antibiotics, steroid, or anti-nausea. Take these as prescribed.
- Starting on the evening of surgery, resume all your normal home medicines except any blood-thinners as outlined above. If you have any questions, call your surgeon.

- Your doctor will tell you if you need to use sinus rinses postoperatively.

Diet

- You may be slightly nauseated after the anesthesia, but otherwise advance back to your usual diet as your stomach will tolerate it.
- Good hydration is important, so drink plenty of liquids.

Activity

- Avoid any strenuous activity for two weeks. No lifting objects more than 10 pounds. Most patients are able to return to work/school in seven to 10 days after surgery. You may feel ready to return to work earlier. This is OK, but the lifting restrictions need to be continued.
- No nose blowing (see instructions for irrigation above)
- Sneeze with your mouth open (Don't try to "hold it in")

You will need a follow up visit approximately 1 week after your surgery. These follow up appointments are very important to help make sure you heal appropriately. If you do not have an appointment, please call the number above to make one.

When to Call Your Doctor

- Persistent bright red bleeding, or clear drainage from the nose that is present after 10 days.
- Pain not relieved by your prescription medicine.
- Temperature above 101.5 F not relieved by the pain medicine and ibuprofen
- Excessive nausea, vomiting or any concerns regarding dehydration.
- For emergencies and after-hours calls, call 911 or go to your local emergency room