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## **Nasal Surgery / Septoplasty / Turbinate Reduction / Sinus Surgery** After Surgery Care Instructions

### **Activity**

- No brisk exercising. No heavy lifting (nothing over 10 pounds). No bending with the head below your chest. No straining for at least 7 days after surgery.
- Sleep with 2-3 pillows behind your head, or on a recliner for 14 days after surgery.

### **Diet**

- The first 24 hours after surgery – start with clear liquids and add regular foods as tolerated. No alcohol.
- After 24 hours, you may start to eat the foods you enjoy and drink lots of fluids.

### **Medications**

- For best surgical result, take medicine the way it is prescribed to you.
  - Alternate 1000 mg tylenol & 800 mg ibuprofen every 3 hours to control your pain
    - Example: 9:00 am ibuprofen  
12:00 pm tylenol  
3:00 pm ibuprofen  
6:00 pm tylenol, *etc.*
    - A prescription may be given for a narcotic pain medication (e.g. oxycodone) for breakthrough pain. Use only as needed for pain.
- No aspirin or aspirin products for at least 10 days after surgery.

### **24 hours after nose/sinus surgery begin two saline treatments:**

- Use *saline nasal spray* - 2 puffs in each nostril, 4 times a day (e.g. Ocean Nasal Spray, Ayr, *etc.*)
- **Also**, use a *sinus rinse bottle* twice a day (e.g. NeilMed Sinus Rinse Kit or Neti Pot).  
**\*\*Only use distilled water – never tap water. \*\***



### **Special Precautions**

- **No nose blowing** for 7 days after surgery, then only very gently. If sneezing, open your mouth wide during the sneeze to reduce pressure inside your nose.
- If nasal splints are present, they are a thin piece of silicone that is to remain in your nose for 1 week. Splints are sutured in place. These splints will be removed in the office, **DO NOT DISTURB IT.**
  - If you left the hospital with nasal packing or splints still in place, take your pain medication 1 hour before your follow-up visit for splint and/or packing removal.
  - Splints are usually removed 1-3 weeks after surgery. Saline sinus rinses are necessary to ensuring that the splint removal is less uncomfortable.



- Nasal drainage of a bloody mucus appearance along can be expected for up to 2 weeks after surgery. At times, a gauze dressing may be needed for excess drainage. Change the dressing as necessary. If this condition persists beyond 2 weeks, tell your doctor at your follow-up visits.
- Nasal congestion/stuffiness is common after this surgery. Do not expect to breathe through your nose for 7 days after surgery, due to swelling/splints inside your nose. Congestion will continue to improve for up to 6-12 months after surgery.
- Numbness (temporary) of the upper teeth and/or tip of your nose can happen with this surgery. The numbness can last for up to 6 months after surgery.
- Anyone having a general anesthesia should not participate in any activity requiring mental alertness, physical coordination, or balance for 24 hours after the anesthetic; e.g. driving, bicycling, etc.
- Avoid cigarette smoking or exposure to smoke filled places. If you are a smoker and wish to stop, we have information to assist you. Ask about it at your follow-up visit.

Please call the doctor for:		(702) 834-5886
Eye Pain	<b>Severe eye pain or visual disturbances should be reported to the doctor immediately.</b>	
Bleeding	If bleeding occurs, sit with your body leaning forward and allow the blood to flow into a container, use this container to estimate blood loss. A small amount of bleeding after surgery is not unusual. Bleeding of more than one cup or for more than 10 minutes may need to be checked by the doctor.	
Fever	A slight fever can be normal after this surgery. A moderate to high temperature (greater than 101 degrees) should be reported to the office. This may need to be checked and treated by the doctor.	
Pain	Pain not relieved by the medicine prescribed and/or pain that is getting worse, should be reported to the doctor.	

**Follow-Up**

Schedule your first after surgery appointment about 1 week after the date of your surgery. If this was not done before surgery, call the office soon after surgery to schedule your after first surgery appointment. As many as 4 - 5 follow-up visits may be recommended.

If you are uncertain about any of the above items, or have any questions, please contact our office at (702) 834-5886 from 8:00 a.m. to 5:00 p.m., Monday through Friday. **After hours, if you have an emergency, call the office number first and you will be connected to the on-call doctor. If you can't reach the on-call doctor, go to the emergency room.**

My after-surgery care instructions have been explained to me, I understand their meaning and a copy has been given to me.

Patient/Family: \_\_\_\_\_

Date: \_\_\_\_\_

Care Provider: \_\_\_\_\_