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NASAL AND SINUS SURGERY POSTOPERATIVE INSTRUCTIONS

Nasal Splints: Nasal splints and packing have been placed inside the nose at the time of surgery. These will remain in the nose until your first postoperative appointment. The splints are hollow and allow some airflow through the nose during healing. They should be sprayed, directly into the hole openings on each nostril, with saline mist. (Simply Saline, Ocean Mist etc.... are over-the-counter at your pharmacy). Spit out any saline that enters your throat while doing this. If they get clogged, gently blowing or strongly sniffing backward may help clear the splints. Again, do not swallow this. Some bleeding and crusting are normal. You may clean the crusting around your nostrils with hydrogen peroxide on a Q-tip. Some obstruction is normal.

Nose Blowing: Only very gentle blowing is permitted. Sniffing is allowed. Only sneeze with your mouth open. **Make sure to get up, walk around and to BREATHE DEEPLY through your mouth, for at least one to two days after your general anesthesia.**

Drainage: It is normal to have bloody, discolored and clear mucous drainage. This usually lasts 2-3 days, but can last weeks. DO NOT SWALLOW BLOODY DRAINAGE. This may cause nausea and vomiting. Spit out bloody secretions. You may be sent home with gauze under your nose to help catch the drainage. Drainage is part of the healing process. Congestion from lack of drainage can cause pressure which, contributes to pain. To help avoid congestion/pain, take an over-the-counter decongestant such as Sudafed, if approved by your Primary Care Physician. Bleeding can be controlled with good pain control, elevation of the head, ice packs, and/or spraying Neosynephrine/Afrin (found over-the-counter at your pharmacy) directly in the nose or on cotton balls placed at the opening of the nose. If bleeding is excessive, call Dr. Tatar's office at 410-799-3940.

Pain: Pain is common and varies with each patient. Expect significant pain the first day and take the prescribed narcotic on a FULL STOMACH. Start this when you get home. As pain decreases, take a lesser dose, or take less often. ALWAYS ON A FULL STOMACH. You can take Tylenol or acetaminophen (found over-the-counter at your pharmacy) after you no longer need the narcotic pain medication. Avoid aspirin or aspirin-like products like Advil, Motrin, Ibuprophen, Aleve and Naprosyn (NSAIDS) which can increase bleeding. Make sure you have an adult track your pain medication doses. Do not wake up to take your next dose (if you are sleeping, you are comfortable). Wait until you are awake and have eaten, to take your next dose. You need sleep/rest to recover and reduce pain. You should also take an antihistamine (Benadryl is an over-the-counter item at your pharmacy) to reduce side-effects from your narcotic and to help you sleep.

Antibiotic: You have been prescribed an antibiotic. Start this the day before your surgery. Take your second dose after you get home from surgery.

Activity: Avoid strenuous activity/exercise/straining, contact sports, bending over at the waist, stooping and lifting for four (4) weeks after surgery. You may start light activity/exercise only, after two (2) weeks. You may resume to full activity after four (4) weeks.

Diet: Start with a light diet after surgery as soon as you get home and resume normal eating as tolerated. You must have a full stomach to tolerate your pain medication. Make sure you are drinking plenty of fluids.

Humidity: A bedside humidifier or vaporizer will help prevent a dry throat when sleeping. You should expect to mouth-breathe while you have your splints and packing in.

Sleeping: Sleep propped up, with your head elevated. Keep tissues close by and a basin to spit in.

Nausea: Prevent nausea by requesting your Anesthesiologist administer an anti-nausea medication. You have also been prescribed an anti-nausea tablet. Take this tablet, without water, just before you go in for surgery. Take as needed at home. Spitting out secretions and having a full stomach while taking medications will help avoid nausea. Do not vomit with your head down.

Constipation: Take an over-the-counter stool softener when you get home from surgery and continue to take it while you are taking your pain medication, to prevent constipation. Straining from constipation can cause nose bleeds and pain.

Postoperative Appointment: You have been scheduled for your first postoperative appointment for 4 to 7 days after your surgery. Your packing and splints will be removed at this visit.

CALL DR. TATAR IF THERE ARE ANY QUESTIONS OR CONCERNS AT 410-799-3940. If you call our office after hours, dial Extension # 4 and leave a message for Dr. Tatar with your name and phone number.