

Barry S. Tatar, M.D.

Board Certified Otolaryngology
specializing in the medical & surgical treatment of the ear, nose, throat & sinuses

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NASAL AND SINUS SURGERY POSTOPERATIVE INSTRUCTIONS

Nasal Splints:

Nasal splints have been placed inside the nose at the time of surgery. These will remain in the nose until the first postop visit. They are hollow and allow some airflow through the nose during healing. They should be frequently sprayed with saline mist and the patient should breathe through the nose. If they get clogged, gently blowing or strongly sniffing backward may help clear the splints. Some bleeding and crusting is normal. Some obstruction is normal.

Nose Blowing:

Only very gentle blowing is permitted. Sniffing is allowed. Only sneeze with the mouth open.

Drainage:

It is normal to have bloody mucous drainage. This usually lasts 2-3 days, but can last weeks. **DO NOT SWALLOW BLOODY DRAINAGE.** This cause nausea and vomiting. Spit out bloody secretions. Bleeding can be controlled with good pain control, elevation of the head, ice packs, and cotton balls or spray of afrin or neosynephrine in the nose. If bleeding is excessive, call Dr. Tatar.

Pain:

Pain is common and varies with each patient. Expect significant pain the first day and take the prescribed narcotic as directed. As pain lessens, take a lesser dose, or take less often. Tylenol or acetaminophen can be used

after

narcotics are not needed. Avoid aspirin or aspirin-like products like advil, motrin, ibuprophen, and aleve/naprosyn which can increase bleeding.

Activity:

Avoid strenuous activity and contact sports after surgery. Avoid bending, stooping and lifting after surgery.

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Diet:

Start with a light diet after surgery and resume normal eating as tolerated.
drink plenty of fluids.

Humidity:

A bedside humidifier or vaporizer will help prevent a dry throat when
sleeping.

Nausea:

Antinausea medicines have been prescribed, use as directed.

A postop visit is recommended in 4-7 days.

CALL DR. TATAR IF THERE ARE QUESTIONS OR PROBLEMS. 410-799-3940