



SINUS SURGERY POST-OPERATIVE GUIDELINES

Instructions

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Take any antibiotics as instructed. It helps to eat cultured yogurt or over the counter Acidophilus tablets while on antibiotics to minimize intestinal side effects.
- You may be prescribed steroid tablets to minimize post op swelling. If so, take them as instructed on the packet. Note that steroids can make you feel anxious; this is a common side effect.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 2 weeks.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

What To Expect

- Your nose will have scant bleeding for up to 2 days.
- Minimal postoperative pain.
- Your nose may ache and you may have a dull headache.
- Occasionally, temporary numbness of the upper front teeth, when septoplasty is performed.
- For the first 7 to 14 days you may experience some discomfort with breathing.

- The final breathing results will be manifest in 6 to 8 weeks.

Activities

- Stay in bed with your head elevated (except for going to the bathroom) for the first afternoon and night.
- On the first post-operative day, you can begin walking more; this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- You can return to work in 5 days.
- Avoid strenuous activities or any activity that increases your blood pressure for one week.

Incision Care

- There will be no skin incisions for sinus surgery.
- You may shower on the first post op day.
- Use over the counter Saline nose sprays: 4 puffs each nostril, 4 times a day.
- Avoid blowing your nose for 1 week.

Appearance

- Typically, no change in nasal appearance, unless rhinoplasty is performed.

Follow-Up Care

- In one week.

When To Call

- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.
- If you have a nosebleed or any unusual symptoms.
- If you have any visual problems.

- If you have any questions or concerns you may reach Dr. Khosh at 212-339-9988