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EAR, NOSE AND THROAT HEAD AND NECK SURGERY

## **POST-OPERATIVE CARE**

### **SINUS SURGERY / NASAL SURGERY**

**\*\*PLEASE SAVE THIS CARE SHEET! REFER TO IT BEFORE AND AFTER SURGERY\*\***

**PURCHASE BEFORE SURGERY:** QTips, Peroxide, Nasal Saline spray (Ocean, AYR, etc.)  
Sinus surgery patients will need to purchase a NeilMed Sinus Rinse bottle.

**REST:** Sleeping/Resting with your head slightly elevated the first two - three days after surgery helps reduce the amount of swelling that may occur. Two pillows usually provide the proper elevation. Frozen peas or corn can be used as ice packs for 24-36 hours, applying the pack 20 minutes every hour when awake.

**ACTIVITY:** Try to avoid bending over, lifting, straining, coughing or sneezing through the nose, if possible during the first week after surgery. If necessary to blow your nose, do so very gently!!

**DIET:** Maintaining good nutrition after surgery allows proper healing to take place. Start with liquids immediately after surgery. If liquids are well tolerated, progress gradually to a normal diet.

**MEDICATIONS:** Take any prescribed antibiotics as directed until completed. Use pain medication as needed and directed. Tylenol is OK for mild pain. Do *not* use aspirin, ibuprofen, coumadin or similar drugs for 5 days.

**POSTOP CARE:** Some oozing of blood is normal and expected during the first 1 - 2 days after surgery. The small gauze bandage placed under the nose collects this drainage and should be changed as it becomes saturated. Nasal packing is to be left inside the nose and will be removed by your Doctor during a follow-up office visit scheduled 1 - 2 days following surgery. You may start your nasal saline *spray* at this time. Sinus surgery patients should start saline irrigations on the weekend following surgery, OR as directed by your doctor. A saline solution is made by mixing 1 teaspoon of Kosher salt to 1 quart of water. Follow the directions for irrigating your nose that our office gives you, as it is more effective early on. Leaning over a sink basin allows the solution to drain properly. Repeat this process at least twice daily until your doctor says you can stop. You may gently clean the nostrils with a Q-Tip and hydrogen peroxide to remove any caked blood.

**WARNINGS:** *Call the office, 760-724-8749, if any of the following occur:*

Significant change in vision / Double vision.

"*Eyeball*" pain / Bruising or swelling around the eyes.

Severe pain not controlled by above measures / Sustained fever over 101°

Persistent and excessive bleeding that soaks more than 3-4 "moustache dressings" per hour.