

SUMMIT ENT ASSOCIATES

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POSTOPERATIVE INSTRUCTIONS FOR NASAL AND SINUS SURGERY (Septoplasty, Turbinectomy, and Endoscopic Sinus Surgery)

The following instructions are intended as a reference guide for patients of Dr. Kent Murphy only. Please consult your physician for questions regarding endoscopic sinus surgery. Now that your surgery has been completed, you begin the postoperative care phase of your treatment. The following guidelines will help you to assure a successful surgical outcome.

DIET

Patients who have received general anesthesia may experience some nausea and occasionally, vomiting. It is therefore preferable to eat a bland light meal or a liquid diet on the first day after your surgery. A regular diet may be resumed the next day.

WOUND CARE AND OTHER POSTOPERATIVE INFORMATION

1. Elevate the head at all times. Sit in a recliner or use two or three pillows when sleeping. Head elevation reduces bleeding and swelling.
2. Take pain medication with food or a piece of toast as this will reduce the chances of nausea.
3. You may shower with lukewarm (not hot) water. Showering with hot water can raise blood pressure and may cause bleeding. Make sure you have someone with you in the house in case you feel lightheaded.
4. DO NOT remove packing or splints if present. Packing or splints can cause a dry mouth. It is extremely important to drink plenty of fluids to maintain adequate hydration.
5. Light bleeding is expected for two to three days after surgery. If you have a drip pad, change it as needed. Keep your nostrils clean. Clean the dried blood and secretions from the nostrils with 3% hydrogen peroxide and Q-tips.

CARE AFTER REMOVAL OF PACKS AND SPLINTS

1. Do not blow your nose for at least one week from the day of surgery. Avoid heavy lifting or straining. These activities will increase the likelihood of nasal bleeding.
2. If you have to sneeze, do it with your mouth open. This prevents excessive pressure build-up and bleeding from the nose.
3. Don't take Aspirin or products containing acetyl salicylic acid. Aspirin prevents clotting and increases the bleeding.
4. For three days after the removal of the nasal splints or packs, use over-the-counter Afrin 0.05% (or generic Oxymetazoline 0.05%), two to three times daily, in both nostrils. After three days, use saline spray (Ocean Spray, Ayr, NaSal, Sea Mist, generic normal saline) 6 to 8 times daily to keep the mucosa moist and to help loosen the crusts.
5. If bleeding occurs, try spraying the nose with Afrin to constrict the vessels. If bleeding continues, call the clinic during clinic hours or report to the Emergency Room after hours.

MEDICATIONS

An antibiotic is usually prescribed for seven to ten days following the surgery. You may also receive a prescription for pain medication in the form of codeine or hydrocodone. These medications cause somnolence, drowsiness and constipation. Occasionally, Phenergan suppositories may be necessary for nausea or vomiting.

FOLLOW-UP INSTRUCTIONS

You should anticipate frequent return visits to our office for sinus cleanings over the next six weeks until appropriate healing of the sinuses can be assured. You should already have had these appointments made for you. Our clinic will call the day after discharge to schedule a postoperative follow-up appointment.

If you have any pressing questions or concerns, please call 615-872-0922 to speak with the ENT nurse, Bill Minton.