



ENT & ALLERGY CENTER OF AUSTIN

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Endoscopic Sinus Surgery, Septoplasty, Nasal Fracture Post-Op Instructions

The days following surgery:

- Avoid bending, stooping, straining, heavy lifting or physical exertion for 10 days or until your doctor permits you to do so. *An elevation in blood pressure can trigger a nosebleed.* As you increase mobility, you may see a return or increase of pain.
- Avoid any unnecessary environmental exposure which may cause you to catch a cold or become overheated. Also avoid over exposure to the sun.
- **DO NOT blow your nose for 48 hours.** After 48 hours, you may begin to blow your nose **gently**.
- **YOU MUST** Begin to irrigate with nasal saline washes 24 hours after surgery. (Four or more times per day is preferred!! You cannot use too much!!)
- Sneeze with your mouth open. Do not try to suppress the sneeze in any way as this puts pressure on your sinuses.
- There are no bathing restrictions. **Avoid swimming** until your doctor permits you to do so! Pool, lake, and river water carry many different types of bacteria that cannot get into the nose for risk of serious infection.
- Foods: Normal diet may be resumed if no nausea and/or vomiting has occurred. Gradually work up from clear liquids and crackers to foods that are tolerated. Remember to drink plenty of fluids if you have no restrictions to do so. **Water is best!**
- Call your doctor's office for a follow-up appointment if you do not already have one. **You should be seen one week after your surgery.**
- **IF YOU HAVE STINTS IN YOUR NOSE YOU MUST FOLLOW UP 2-3 DAYS AFTER SURGERY TO HAVE THEM REMOVED!**

Answers to FAQ's on post-op issues:

- If you develop excessive nausea/vomiting or lightheadedness call your doctor immediately-
- Swelling inside the nose is expected and may completely block the nose. This may last up to 10 days. Blood-tinged mucous and blood clots may drain from the nose and down throat. Clots range from .25 to .50 cent size.
- Breathing complications with children after general anesthesia occur rarely. The symptoms are croupy sounds when breathing in, noisy gasping sounds or abdominal tension with breathing, if you observe this call the doctor immediately and head to the nearest Emergency Room
- If you were given steroids during surgery or prescribed steroids after surgery, you may experience an elevation in anxiety or sleep disturbances. Less common symptoms are hallucinations.
- If you were given narcotics/pain medication during surgery or prescribed narcotics after surgery, watch for urinary retention. This is especially common in males over 50 or males with a history of prostate problems. Contact your physician if you are unable to urinate within 8 hours of your surgery.
- With all patients, common symptoms with narcotics/pain medications are itching without rash and nausea. If rash or vomiting develop after taking a medication, please contact your physician

Medications:

- If your doctor ordered medication, take as he or she directed. If you have questions regarding your medication, please check with your pharmacist or doctor.
- Tylenol is usually adequate for children.
- **Do not take Aspirin products.**
- **Motrin may be taken for breakthrough pain if absolutely necessary but can tend to thin the blood so do not use in cases of excessive bleeding.**
- *Do not drive, operate any machinery, or drink alcoholic beverages while taking narcotics. This could result in serious injury or even death.*
- If you experience excessive nasal bleeding, use 2-4 sprays of Afrin in each side of the nose and hold pressure on the soft part of the nose for 10 to 20 minutes. If bleeding persists call the office, if after hours the medial service will page our doctor and you should head to the nearest Emergency Room!