

# POST OPERATIVE CARE

## SINUS SURGERY



### Prior to Surgery

The surgery coordinator will coordinate and notify you of the pre-admissions appointment as well as any necessary testing.

The hospital will notify you of the medications you can take the morning of surgery.

Please do not eat anything after 12AM the night before your surgery

Clear liquids are allowed until up to 2 hours before the surgery time.

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*Please refrain from taking any aspirin containing products two weeks prior to surgery.*

Coordinate someone to drive you home once you are discharged.

### After Surgery

*The surgery coordinator will call you and go over any questions you may have as well as schedule a follow up appointment.*

You may resume a regular diet after surgery. However, it is recommended to start off with clear liquids after surgery and advance as tolerated. Please be aware the upper teeth may be sensitive in the beginning, this is normal.

Be sure to get plenty of rest! Plan to have a one - two week recovery and take off from work. Should you need paperwork for employers, notify our surgery coordinator.

**The night after surgery, be sure to sleep with only your head elevated (45° angle or higher). Do not lie on the sides of your abdomen.**

Normal sleeping may resume once bleeding has resolved.

If you need to sneeze, do so with your mouth open (this will take pressure off of the nose)

Refrain from the following:

Bending over to pick things up/off of floor

Straining/lifting heavy objects over 10-15lbs.

Engaging in activities that will increase blood pressure 10 days after surgery.

Call our office if you experience any of the following: Temperature of 101.9°, pain that is not relieved from pain medications, nausea/vomiting not relieved with nausea medications.

### Supplies Needed

- 2 x 2 gauze pads for drip pad under the nose
- Afrin nose spray
- Neti pot/nasal rinse bottle
- Saline rinse recipe:

Recipe: 1 pint of water, ½ tsp salt, pinch of baking soda

1. Do Saline irrigations with a Neti pot or nasal rinse bottle 3-4x per day

Add 3-4 squirts of Afrin to the rinses for 7 days then discontinue.

2. Keep clean/dry pad (2x2 gauze) taped in place under the nose as needed for bleeding.

\*\*\* Note: it is normal to have blood products with each rinse. Rinsing will prevent blood clots that cause nasal obstruction. \*\*\*

### Pain Management

Take pain medication as prescribed. If your pain is not relieved with medication please call our office or answering service. Pain should improve daily and the need for pain medication should decrease.

**\*\*DO NOT drive while taking narcotics.\*\***

Extra Strength Tylenol or other aspirin free, OTC pain medicines are options should you prefer something of a lesser strength.

Contact our office for assistance  
828-263-5684  
Or After hours  
1-800-893-6743