

POST OPERATIVE CARE SINUS SURGERY & SEPTOPLASTY



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.

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
- Baby bulb syringe
- Afrin nose spray
- Neti pot/nasal rinse bottle
- Saline rinse recipe:

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

Care for nasal splints:

1. Mix saline rinse in a bowl
2. Fill the baby bulb syringe with saline mixture and place the syringe in the nose no further than 1 inch. Gently, squirt rinse into each nostril.
3. Repeat this 10x a day until splints are removed.
4. Add Afrin nasal spray to rinse 4-5x per day until splints are removed.
5. Keep clean/dry pad (2x2 gauze) taped in place under the nose as needed for bleeding.

Nasal splints will be removed in 3-5 days after surgery

Care after splint removal:

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

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