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Otolaryngology - Head & Neck Surgery

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POST-OPERATIVE INSTRUCTIONS – Nose/Sinus Surgery

**SEPTOPLASTY/ENDOSCOPIC SINUS SURGERY INCLUDING ENDOSCOPIC
ETHMOIDMECTOMY/ANTROSTOMY/TURBINECTOMY**

EXPECTED DATE OF DISCHARGE: Same day discharge unless otherwise instructed by your doctor.

NUTRITION DRESSINGS: Regular diet. Increase water intake to relieve dry throat from mouth breathing. Facial pressure/congestion is common, You may notice some numbness along your upper teeth

OTHER:

1. You may have mild bleeding from the front of your nose down the back of your throat for 2-3 days. A gauze pad and tape (“moustache dressing”) placed on under your nose will help catch any drops of bleeding so it does not soil your clothing.
2. Sometimes small pieces of plastic (“silastic”) are placed in each sinus cavity for 1 week after surgery to help the healing process. There are removed by your doctor in the office with some anesthetic spray in the nose. It is unusual for one of these stents to fall out on its own. If it does, it’s not an emergency. Call your doctor and let them know at a convenient time.
3. Facial pain and nasal congestion may persist for up to 2 weeks.
4. You will experience mild to moderate nasal pain and tenderness for approximately 2-3 weeks after your surgery but many patients are able to go back to work within 3-5 days or wait until after the first follow up appointment.
5. Your throat may be sore for several days after surgery.
6. If you vomit, there may be some dark red blood in the vomit as is usually of no consequence unless excessive.
7. Sometimes a splint may be placed inside the nose. This is usually removed after surgery. Packing of the nose causes more sore throat and drinking water helps to relieve this.

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SPECIFIC INSTRUCTIONS:

1. Do not blow your nose hard for 2 weeks after surgery. If you blow too hard you may dislodge a blood clot and restart some bleeding. This will usually last for several minutes but may persist for 15-20 minutes. In addition, if you blow your nose during this period, your eyes may “puff up” with air.
2. If you have to sneeze, open your mouth and let the pressure out your mouth as opposed to your nose.
3. A mixture of water and salt sprayed or inhaled into the nasal cavities is mandatory after surgery to clear the crusts and help to promote healing. You can buy this mixture prepared already from the drugstore called Neil Med rinse. Alternatively, you can make your own salt water mixture by adding ½ tsp of salt to approximately 250 ml (8 ounces) of water. Place some of this mixture in the palm of your hand and inhale or “snort” it into one nostril while plugging the opposite nostril with a finger. Repeat this procedure for other nostril.
4. Do not take any aspirin or products containing aspirin for 2 weeks after your surgery as they may cause bleeding. Use acetaminophen (Tylenol regular or extra strength) for mild pain. If you are given a prescription for more severe pain, be sure to follow the instructions and remember that many of these pain medications cause constipation. Do Not exceed 4 grams per day (two 500mg pills equals 1 gram). It is a good idea to take extra fibre (e.g. bran muffins, Metamucil) or other laxative (e.g. prunes) while using these medications.
5. An antibiotic by mouth may be prescribed for 1 week after surgery to help the healing process and prevent secondary infection. If you are given a prescription for an antibiotic, make sure you follow the complete instructions and complete the full course of therapy. Make sure your nurse, doctor and pharmacist know of other drugs you are taking as well as any allergies you have to prevent adverse drug interactions and allergic reactions.

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CONTACT YOUR DOCTOR OR GO TO THE EMERGENCY DEPARTMENT IF:

1. Persistent fever, chills, sweating, headaches or neck stiffness.
2. Any rash.
3. Persistent bleeding which will not stop after 20-30 minutes.
4. Persistent leakage of clear fluid from the nose.
5. Increasing nasal or throat pain
6. Persistent vomiting and inability to drink liquids for greater than four hours.
7. Not being able to urinate within the first 12 hours after the operation.
8. Shortness of breath, chest pain, weakness or numbness in the face or limbs.

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