

WHAT TO EXPECT AFTER NOSE SURGERY

PROCEDURE CODE: Septoplasty (30520) or Bilateral Endoscopic Sinus Surgery (31255)

Procedure will take about an hour. There will be no external incisions. All cuts are inside the nose. It will be done under general anesthesia (you won't feel or remember the procedure).

Afterwards, if you have had a deviated septum repaired (septoplasty) you will have a splint in each nostril. These will be uncomfortable. They are sutured in place in the front, so don't play with them too much. It is nice to keep a little Vaseline in the nostrils to keep the blood from drying out the nose hairs. If it happens, it's ok to use a towel with hydrogen peroxide to clean the nostrils.

If you had a septoplasty, there is no need to rinse out with saline. The splints are miserable. The misery will get worse as the days go by. Just when you think you can't take it anymore, the fourth day will come and the splints will be removed in my office.

If you just had sinus surgery without septoplasty, it is very important to use LOTS of saline nasal spray and salt water irrigation if you are able. The salt water rinses are available over the counter. Any of them are fine. The solution to pollution is dilution. Wash it out three times a day for two weeks if possible. The more the merrier. Begin these rinses the day after surgery.

It is normal for the nose to ooze for 24 hours after surgery. This is the downside to not using packing. Change the "mustache" gauze as often as necessary.

Proper postoperative care is essential to prevent scar formation and allow normal healing.

- To help reduce postoperative bleeding and swelling, it is important to keep your head elevated at all times. The first night after your surgery, sleep with your head elevated with two or three pillows or sleep in a recliner.
- Make sure someone stays at home with you, in case you feel drowsy from pain medication.
- Do not remove nasal packing or splints. If the packing becomes clogged, breathe through your mouth.

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.

- If you sneeze, try to sneeze with your mouth open.
- Do not take aspirin. Aspirin prevents clotting and increases bleeding. Don't start your blood thinner until you confirm with our office.

Medications

An antibiotic is sometimes prescribed for 7-10 days following your surgery. Try to stay away from NSAIDS (Aspirin, Aleve, Motrin, Ibuprofen) because they make it more likely to bleed.

Activity

It is important that you do not swim or participate in strenuous activities for 10-14 days following your surgery, as this may cause bleeding to occur.

Diet

Patients who have received general anesthesia may experience some nausea. Therefore, a bland, light or liquid diet for the first day after surgery is recommended. A regular diet may be resumed if nausea does not persist.

ANY QUESTIONS AFTER HOURS: Call office (810) 244-8400 to contact Dr. Mukkamala
GOOD LUCK!