

Operative Instructions

Nasal Surgery

Preoperative care:

No aspirin or Pepto-Bismol for one week before. Please notify your doctor if there is any family history of bleeding or clotting problems, a history of bleeding or clotting problems with the patient or the patient is taking any blood thinners.

The Surgery:

The surgery itself is performed under general anesthesia (asleep). All work is done inside the nose, there are no incisions on the face. Patients are usually sent home the same day.

Postoperative Care:

- Eating and Drinking- Some people experience some nausea after the surgery. This should resolve after the first night. If only nasal surgery was performed, there are no restrictions on eating and drinking.

- Breathing- After the surgery your nose will be *extremely* congested. Most patients do not complain of nasal pain, just of the nasal congestion. If splints or packing are placed, this will improve when they are removed. Snoring and mouth breathing are normal after surgery because of swelling. Normal breathing should resume two to three weeks after surgery.

- No nose blowing for the first 2 weeks after the surgery. Sneeze with your mouth open. Light sniffing is acceptable to clear secretions. Mucus drainage in the back of the throat may cause a cough.

- Use a humidifier or vaporizer in your bedroom

- Apply antibiotic ointment to the inside of the nose twice daily.

- Bleeding- Following the surgery you will have bloody drainage from the nose. A bandage should be placed over the nose as long as there is significant drainage, usually 1-3 days. Although severe bleeding is unusual after the surgery, if any severe bright red nasal bleeding occurs, pinch the entire soft portion of the nose for a full 15 minutes. This will control most bleeding. Severe bleeding is bleeding that completely saturates 2 4x4 gauze pads that are folded into thirds in a 15 minute period. If the severe bleeding continues, call our office. If you reach the answering service, have the on-call physician paged.

- Medicines- Patients who have sinus surgery will be prescribed antibiotics for 5-7 days after the surgery. Your doctor will also prescribe pain medicine for after the surgery. Some patients experience pain and pressure over the cheekbones and forehead, and may have headaches. Once the pain decreases, you should switch to plain Tylenol and/or Ibuprofen and discontinue the prescription pain medicine. Nasal sprays may also be prescribed after the surgery. It may be difficult to get the sprays in the nose because of the swelling, this is normal. Do not use nasal irrigations or any sprays unless prescribed by your physician (no Afrin).

- Activity- Avoid straining, bending over, or heavy lifting for 2 weeks after the surgery. Patients may swim one week after the surgery as long as it is in a chlorinated pool. No smoking for 72 hours after surgery.

- If you should have any problems, call your physician at 303-840-9690, someone is always on call to handle emergencies.