

# Postoperative Sinus Surgery Instructions

*Dr. Healy - Dr. Keele - Dr. Tubbs - Dr. Ramsey*

## Contact Information:

- **Glacier Ear Nose and Throat - (406) 752-8330**
  - 9am to 5pm, Monday-Friday
  - After 5 pm and weekends, an "on call" provider is available.
- **The HealthCenter - (406) 751-7550**

## When should I call my doctor?

- If I am worried, my doctor is worried! I will call my doctor's office.
- If I have signs of an infection, like a fever above 101.5 degrees, I will call my doctor.
- If I am short of breath, have pain, swelling or cramping in my legs or have chest pain with no activity, I will call my doctor's office.

## What should I expect after surgery?

- It is normal to have some draining and bleeding from my nose.
- I will have some swelling and bruising on my face and nose.
- I may have black eyes for a couple of weeks.

## When will I see my doctor?

- I need to have a follow-up appointment with my doctor in 1 to 2 weeks after surgery.

## What about my pain?

- I will have some discomfort.
- I will use ice on my face and nose to help my swelling and pain.
- I may use over the counter Ibuprofen or Tylenol.
  - I may be given a prescription for narcotic pain medication if Ibuprofen and Tylenol is not enough.
    - I will not take extra Tylenol if I am taking Norco, Lortab or Percocet because they have Tylenol in it.
    - I will not drive if I am taking narcotic pain medication.
    - Narcotic pain medication may cause constipation. I will drink extra fluids and I may need a stool softener.
- I will follow pain medication instructions given by my nurse or pharmacist.

## What other medicines will I take?

- I will take an antibiotic as instructed.
- I may be prescribed:
  - Prednisone and will take it as directed.
  - Budesonide (Pulmicort) and will use it with my morning and evening nasal irrigation.

### **How do I care for my surgical site?**

- If I have splints in my nose, they will be taken out at my first post-operative appointment.
- The morning after surgery, I will irrigate each side of my nose and sinuses at least 4 times per day, and more if I can.
  - I may use a Neti Pot, spray bottle or bulb syringe with saline (salt water) to do this.
  - This will help soften blood clots in my nose and prevent scarring.
  - This will help healing and help my breathing to be easier.
  - This will help my next doctor's appointment to be more comfortable.
- The morning after surgery, I can also use over the counter nasal saline, like Ocean Spray, 3 times per day for 2-3 days to soften crusting in my nose.
- I can use over the counter Afrin nasal spray for congestion or bleeding.

### **What about activity?**

- I will NOT bend, lift, or strain.
- I may gently blow my nose unless my doctor has said not to.
- I will sleep with my head elevated on pillows or in a recliner for 2 - 3 days after surgery.
- If I need to cough or sneeze, I will be sure my mouth is open.
  - I will not try to hold back a cough or sneeze. This may lead to a bad nose bleed.