



## POST-OPERATIVE CARE INSTRUCTION SHEET

### SOME IMPORTANT POST-OPERATIVE DO'S AND DO NOT'S

#### ABOUT POST-OPERATIVE CARE VISITS

Post-operative visits are an indispensable part of the surgery, since they help promote healing and prevent persistent or recurrent disease. You should plan on remaining within the Tampa Bay Area for at least one day following surgery. You will usually be seen within 7-10 days post-operatively for debridement (removal of crusts from your nose).

You should anticipate 2 office visits over the first 4 weeks after surgery. However, if you live a distance from the Carillon Outpatient Center, these visits may be split with an otolaryngologist in your area. Continued debridement will be done at these visits, and persistent inflammation or scar tissue will be removed under local anesthesia. Although chances of complications from these manipulations are rare, the potential risks are the same as the surgery itself (see FUNCTIONAL ENDOSCOPIC SINUS SURGERY brochure).

#### WHAT YOU CAN EXPECT TO EXPERIENCE

You can expect some bleeding from your nose for several days after the surgery and again after each office debridement. When bleeding occurs down the front of your nose or into the back of your throat, you should tilt your head back while sitting up and breathe *gently* through your nose. If bleeding persists for an extended period of time notify our office. Over-the-counter Afrin nose spray or oxymetazoline can be used to open your nose and reduce bleeding during the first two nights after surgery.

As the sinuses begin to clear themselves, you can expect to have some thick brown drainage from your nose. This is mucus and old blood and does not indicate an infection.

You may experience some discomfort post-operatively due to manipulation and inflammation. Take your pain medication as directed. Often extra-strength Tylenol® is sufficient. You may wish to take medication for pain prior to your post-operative visits (particularly early on, when the nose is most sensitive). If the medication is sedating, be sure to have someone available to drive you.

- DO NOT blow your nose until you have been given permission to do so (usually one week following surgery).
- DO NOT bend, lift or strain for at least one week after surgery. These activities will promote bleeding from your nose. You should not plan on participating in rigorous activity until healing is *completed*.
- DO NOT suppress the need to cough or sneeze, but cough/sneeze with your mouth open.
- DO NOT resume use of any aspirin-containing products or other blood thinners until after discussing this with us. Typically, you can restart after 7-10 days.
- DO use nasal saline spray (*without* decongestant) every hour while you are awake beginning the day after surgery. This helps moisten your nose and prevents large crusts from forming.
- DO use nasal saline irrigation twice daily beginning on post-operative day three if there is no nasal packing.
- DO continue your antibiotics (if they have been prescribed for you). Diarrhea from antibiotic usage can lead to a serious health problem. This can often be prevented by taking acidophilus daily, which is found in yogurt with active cultures or as tablets in a health food store. If you should experience diarrhea, *stop the antibiotic and notify us*. Further evaluation may be required.
- DO notify us for any of the following: temperature elevations above 100.5 F, clear watery drainage from your nose, changes in vision, swelling of the eyes, worsening headache or neck stiffness.
- DO spray your nose with oxymetazoline (Afrin decongestant spray (NOT NEOSYNEPHRINE) ½ hour prior to each of your post-op appointments.

***Contact our office for an emergency at (727-573-0074), or go to the emergency room nearest to you.***