

## **POST-OPERATIVE INSTRUCTIONS FOLLOWING SINUS SURGERY**

### *DIET*

Following sinus surgery there are no restrictions on your diet. You may resume your normal eating habits immediately after your surgery.

### *ACTIVITY*

For the first two weeks after your surgery You **SHOULD NOT** do any heavy lifting, straining or vigorous activities. The risk of post-operative bleeding is greater in patients who do not avoid these types of activities. During the first 3-5 post-operative days it may be more comfortable for you to sit in an upright position and even sleep in a reclining chair. Most people can return to their normal activities, including their jobs within 7-14 days, as long as they avoid the activities mentioned above.

### *PAIN*

The post-operative pain associated with sinus surgery is usually minimal. You have been given a prescription for pain medicine that you may take as necessary. You also may take regular Tylenol, but we ask that you stay away from **aspirin** or **aspirin products** as they may cause bleeding.

### *ANTIBIOTICS*

Following surgery, you will receive a prescription for an antibiotic, and it is very important that you take all of the doses as directed. This will decrease the chances of the nasal and sinus mucosal lining becoming infected after surgery.

### *HEALING*

We strongly suggest that you obtain a cool mist vaporizer and run this at night, as this will loosen the nasal secretions and

lessen your nasal congestion. Following surgery, most of your discomfort will be secondary to congestion from swelling of the membranes of the nose. Packing which is placed in your nose is usually removed within the first 24 to 48 hours. If a nasal splint is used this will be removed in the office in 3-5 days. **AS SOON AS THE PACKING IS REMOVED, YOU MAY GENTLY BLOW YOUR NOSE.** The first few days following surgery, a small amount of bleeding may occur. You may contain this bleeding by placing small 2x2 gauze across your nostrils and taping with 1-inch tape to the cheek area. You may change this gauze as needed. The majority of crusting that is present will be removed in the first several post-operative visits. These visits to the office involve spraying your nose with a numbing/decongestant spray, which involves between 20 and 30 minutes in the office. Please allow this in your schedule. After the first post-operative visit, you will be given instructions for mixing and using salt-water nose drops. **THE USE OF THESE DROPS IS VERY IMPORTANT TO YOUR HEALING PROCESS, SO PLEASE FOLLOW THE INSTRUCTIONS CAREFULLY.**

### *FOLLOW-UP*

A follow-up visit will be scheduled for you to have your packing removed and nose cleaned out. It is **VERY IMPORTANT** that you keep your appointments post-operatively to make sure that you are healing in an appropriate manner. Even one missed post-operative visit can result in an infection or scarring, significantly decreasing the effect of your surgery. **IF YOU HAVE ANY QUESTIONS OR PROBLEMS, PLEASE CALL OUR OFFICE AT 704 544-6533 / 803 328-3686.**

## EAR, NOSE, THROAT AND AUDIOLOGY ASSOCIATES OF THE CAROLINAS, PA

Aspirin and aspirin-related products should not be TAKEN 2 WEEKS BEFORE OR AFTER SURGERY because they increase the chances of bleeding.

For this reason, it is very important that you know the contents of any "over the counter preparations" prior to their use. Many headache preparations, cold remedies, and "hangover cures" contain aspirin. The chemical name of aspirin is acetylsalicylic acid.

Examples of drugs containing salicylates are as follows:

Acetidine	Bufferin	Inhiston
Alka-Seltzer	Coricidin	Liquiprin
Anacin	Darvon Compound	Midol
Anahist	Doan's Pills	Pepto-Bismol
APC	Distrin	Persistin
Aspergum	Ecotrin	Sal-Sayne
Aspirin	Empirin Compound	Stanback
B C	Excedrin	Theracin
Bromo-Quinine	4-Way Cold Tablets	Trigesic
Bromo-Seltzer	Goody Powder	

Examples of aspirin-related products are the following: (These products also should not be taken 2 weeks before or after surgery).

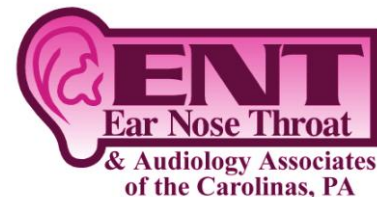
Advil	Naprosyn	Indocin
Alleve	Motrin	Tolectin
Nuprin	Ibuprofen	Feldene

**You can substitute TYLENOL for these products and it may always be taken.**

Check with your pharmacist if you are not sure if the medication you are taking contains aspirin.

**PLEASE CALL THE OFFICE 704 544-6533 / 803 328-3686  
IF YOU HAVE ANY QUESTIONS**

**NOTHING TO EAT OR DRINK AFTER 12:00AM MIDNIGHT  
THE NIGHT BEFORE SURGERY. ARRIVE AT THE  
HOSPITAL AT THE SPECIFIED TIME GIVEN TO YOU BY  
THE FACILITY AT OUTPATIENT REGISTRATION.**



**Ear, Nose, Throat and Audiology Associates of the Carolinas, P.A.**

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[www.entaac.org](http://www.entaac.org)

## POST-OPERATIVE INSTRUCTIONS

### SINUS SUGERY

Patient's Name: \_\_\_\_\_

Location: [ ] CMC Pineville [ ] Piedmont Medical Ctr  
[ ] Presbyterian/Matthews [ ] Presbyterian/Main  
[ ] Presbyterian Surg Center [ ] Carolina Surgery Ctr  
(Ballantyne)

Surgery Date: \_\_\_\_\_

Post-op Date: \_\_\_\_\_