

POSTOPERATIVE INSTRUCTIONS SEPTOPLASTY/SINUS SURGERY

DIET Maintaining good nutrition after surgery allows proper healing to take place. Start with liquids immediately after surgery. If liquids are well tolerated, progress gradually to a normal diet.

ACTIVITY Sleeping/resting with your head slightly elevated the first 2-3 days after surgery helps reduce the amount of swelling that may occur. Two pillows usually provide the proper elevation. Try to avoid bending over, lifting, straining, coughing, blowing or sneezing through the nose, if possible during the first week after surgery.

POST-OP CARE:

1. Some oozing of blood is normal and expected during the first 1-2 days after surgery. The small gauze bandage placed under the nose collects this drainage and should be changed as it becomes saturated. If nasal packing is present, it is to be left inside the nose and will be removed during a follow-up visit scheduled 1-2 days following surgery. If packing is not present, your first follow-up visit will be one week after surgery.
2. Keep your nostrils and the area below them clean by gently cleansing with hydrogen peroxide and antibiotic ointment (Bacitracin, Triple antibiotic ointment) and a Q-tip.
3. Apply ice often during the first 48 hours. Packaged frozen peas make great ice packs! This will help control bleeding and swelling.
4. You may have some nasal congestion, stuffiness and a headache for up to 7-10 days following your surgery. You may also experience a sore throat. A room humidifier may help. If your headache is not controlled with pain medication, contact Dr. Davis' office.
5. A nasal stent has been placed in your nose. This has the consistency of a soft contact lens. The stent will be removed during your postoperative visit, in one week.
6. Start nasal irrigations 3 days after your surgery using the following instructions:
 - 1 pint of distilled water (body temperature)
 - 1 teaspoon sea salt or canning salt
 - 1 teaspoon baking sodaUsing the baby bulb, gently irrigate both sides of your nose. Do the irrigation twice daily, morning and night. Use 1-2 bulbs per side.

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Have a responsible adult remain with you for 24 hours after your surgery.

Do not drive a motor vehicle or operate dangerous equipment for 24 hours after an anesthetic or while you are taking narcotic pain medication.

WARNING SIGNS: Call Dr. Davis' office promptly in case of any of the following 24-hour number (858) 755-9343:

1. Significant change in vision/double vision
2. Eye pain/bruising or swelling around the eye area.
3. Sustained fever over 101 degrees
4. Severe pain not relieved by prescribed pain medication.
5. Persistent nausea and vomiting lasting 24 hours.
6. Difficulty breathing
7. Abnormal or persistent bleeding.

FOLLOW-UP APPOINTMENT: _____