



## POST OP FUNCTIONAL SINUS SURGERY

**Diet:** Soft diet for two days.

**Activity:** No lifting greater than 15 lbs week 1 or 50 lbs week 2. Avoid any straining and push/pull exercises or work such as vacuuming, mowing or shoveling. These activities have the greatest risk of causing a post-operative bleed that needs attention. Sleep on your back if possible and sleep on two pillows for two weeks to help with swelling.

**Bleeding:** Everybody has some bleeding after nasal surgery. You will need to wear a nasal mustache dressing to catch the blood. Bumping your nose with a tissue can cause harm to your surgery and lead to more bleeding. If you are changing the nasal mustache dressing more than 3 times in ½ hour fully saturated then that is the upper limit of normal. Any profuse or aggressive bleeding or bleeding down the throat that causes vomiting, needs a phone call to covering physician.

**Personal Care:** OK to take a bath or shower immediately after surgery. Get Ocean nasal spray or Simply Saline and start 1-2 sprays in each nostril twice daily. You can start the day after surgery. Use this even if it doesn't go very far into the nose. It will keep the internal sponges soft. I will tell you if and when it is OK to irrigate with saline nasal rinse.

**Ice Compresses:** (NOT FOR SINUS, ONLY IF RHINOPLASTY WAS DONE AT THE SAME TIME) Ice compresses only need to be used for procedures where osteotomies, breaking the external nasal bones, has been done. You will be instructed to apply ice as a 50/50 ice and water solution on a washcloth. Folded until it's about 2-3 inches wide then a half turn in the center to make an upside down V and applied over the nose and eyes. This should be applied 15 minutes on and 15 minutes off for 2 days while awake. Swelling can be worse on post op day 3, more than the first two days. Post op day 3 icing is optional and not necessary. Icing the same way can be used to slow nasal bleeding and give comfort when pain meds have worn off early until next dose is due.

**Pain control:** You will usually be prescribed a pain medicine. You can also use Tylenol but not at the same time because most prescribed medicines have Acetaminophen in them so you must be cognizant of the amount and limits over 24 period. You CANNOT take Motrin, Advil, Aleve, Ibuprofen, naproxen, Naprosyn, Gingko, Ginseng, Garlic pills, high dose vitamin E, Fish oil, Glucosamine or Aspirin in any form. If you require any of these medicines to prevent a life or organ threatening condition, you will be given a specific plan. Narcotic pain medicine can be addictive. You will most likely not receive another prescription. You will be guided to use non-narcotic medicines after the first prescription.

**Contacting us:** The office and answering service numbers are the same at (248) 334-9490. If you have a true medical or surgical emergency and we don't reach you within 10 minutes, start heading to Trinity Oakland if you are close enough and someone can drive you. If you are not close enough or someone cannot drive you, call 911 and you will be taken to the nearest emergency room. In this situation, we may not be able to see you but we can facilitate your care.