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SINUS/SEPTO SURGERY HOME CARE INSTRUCTIONS

What to Expect:

- EXPECT A LOT OF CONGESTION AND DRAINAGE - For the first week, your head will feel stuffy and you may have a small amount of bright red bleeding. Drainage for the first 5-7 days usually contains old blood which may be reddish-brown in color but will eventually turn clear. You may place a gauze dressing on your upper lip to help absorb drainage.
- Swallowed blood and drainage may cause gastrointestinal problems such as diarrhea, constipation, nausea and/or vomiting. Do not strain for a bowel movement as it can cause bleeding. Use an over-the-counter stool softener or gentle laxative if needed.

For Comfort:

- Sleep with your head elevated using two pillows. You can use an ice pack across your sinus and nose area to help reduce swelling and pain. You may also run a humidifier or vaporizer to prevent your nasal cavity from becoming too dry.
- Make sure you are drinking plenty of fluids and start with a soft, minimal chewing diet.

Medication/Nasal Care:

You will need to obtain the following items to assist with your nasal care:

- **Saline Irrigation Kit** (with sinus squeeze bottle not Neti Pot)
-AND-
- **Saline Nasal Mist** (*Ayr or Ocean*)
- It is necessary to **start saline nasal irrigations 2 days after surgery** with an irrigation bottle. In addition, you will need to use **saline spray** for moisture. You will need to do both the irrigations and spray a minimum of 3-4 times a day each.
- Be sure to take all of your antibiotic and/or nasal steroid spray (if prescribed). Take pain medication as directed but you may switch to Tylenol if the stronger pain medication is not needed. **DO NOT combine Tylenol with pain medication unless instructed by your doctor. DO NOT take any aspirin, ibuprofen or naproxen products for 2 weeks.**
- **DO NOT BLOW NOSE FOR 3 WEEKS FOLLOWING SURGERY.** You also need to cough and sneeze with your mouth open.
- It is necessary to have post-operative nasal debridements with your physician. Based on your healing, you may be subject to 1-4 debridements in the physician's office. Your insurance company may consider debridements as surgical procedures which may be subject to co-pays and deductibles.

Activity Guidelines:

- No heavy lifting, exercise or sports programs for two weeks.
- You should be able to return to work/school within 7-14 days.
- Avoid smoking, alcohol and chemical fumes, dust and debris for 3 weeks.
- You may shower, but no saunas or hot tubs for one week. No swimming for 3 weeks.

Call your doctor if:

- Fever over 102°
- Increasing pain and/or swelling after the first 48 hours.
- Any drainage that has a foul odor.
- Swelling around eye or "black eye" appearance and/or visual changes.