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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:

- You may feel better sleeping 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. You may want to start with a simple 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 the day after surgery** with an irrigation bottle. In addition, you may want to use **saline spray** for moisture. You will need to do the irrigations a minimum of 3-4 times a day each, and can use the spray whenever desired.
- 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 2 WEEKS FOLLOWING SURGERY.
- 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 7-10 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 2 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.