



DAYTON
HEAD & NECK
SURGEONS, INC.
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ENDOSCOPIC SINUS SURGERY

POSTOPERATIVE INSTRUCTIONS:

1. You have just undergone surgery of your nose and nasal sinuses. Don't be alarmed if you note some continuous slow bleeding for the next day or two. In fact, if you are discharged from the hospital with a nasal dressing (moustache dressing), it is not unusual to have to change this dressing 8 to 10 times during the first night due to being blood soaked. If bleeding is brisk, spray Afrin nasal spray decongestant spray into your nose (4-6 sprays per nostril). This usually slows bleeding substantially. If brisk bleeding continues, call the phone nurse at 937-496-0261 for further instructions.

2. Besides bleeding, other major problems we always watch for following sinus surgery are eye injury and brain injury. These problems are quite rare. Nevertheless, you were observed in the recovery area for several hours following surgery to make sure that there was no evidence of such an injury. If you develop problems with vision, swelling around one or both eyes, extreme sleepiness, difficulty thinking, weakness or paralysis of the arms or legs, go to the emergency department immediately.

3. If you have nasal packing, it will be removed by your physician in 24 to 72 hours.

4. If an appointment has not already been made, you should call for an appointment with your surgeon. The first post operative appointment should be between 5 and 8 days following surgery. During those first days you should:

- Use nasal saline spray (e.g. Ocean Spray, Ayr Spray, etc.) 10 to 20 times per day into each nostril. This will prevent crusts and clots from forming in your nose. It will also help with nasal congestion.
- You may take decongestants or antihistamines for nasal drainage if your surgeon has approved it.
- A bedside humidifier is helpful during the postop period.
- If you were prescribed an antibiotic, you should take this until it is finished (usually 7-10 days).

Head & Neck Surgery • Ear, Nose, Throat & Sinus Surgery • Pediatric ENT • Voice Analysis & Rehabilitation

Main Location
369 W. First St.
Suite 400
Dayton, OH 45402
(937) 496-2600

Englewood Office
9000 North Main St.
Suite 238
Dayton, OH 45415

Troy Office
1961 Towne Park Dr.
Suite H
Troy, OH 45373
(937) 339-2511

Centerville Office
950 E. Alex-Bell Rd.
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- e. **Avoid nose blowing!** This is to help decrease bleeding during the early postoperative period. Also, occasionally air can be forced into the tissues around the eye during those few first days if vigorous nose blowing is undertaken.
- f. Sleep with your head elevated for several days following surgery. This will both increase your comfort as well as decrease some of the bleeding you might otherwise experience.
- g. Take the pain medication that was prescribed. You will probably find that by the second or third postoperative day, your pain should be decreasing significantly. Narcotic medications can often produce nausea, especially when taken on an empty stomach. Also, it is not unusual to experience constipation when taking narcotics.
- i. Any refills for pain medication will need to be called in during **normal business hours**. Any after hour requests **will be denied**.

5. DO NOT:

- Blow your nose.
- Do any heavy lifting (over 15 pounds)
- Do any heavy physical activity
- Sneeze. If you must sneeze, do it with your mouth open.

6. To Control nosebleeds:

- Gently apply direct pressure to the nose by pinching the nostrils, keep your head elevated.
- Call our office or go to the emergency department if bleeding is excessive.

7. Any problems or questions that may arise during your postoperative period should be addressed by calling the phone nurse at (937) 496-0261 between the hours of 8:30 am and 5:00 pm. For emergencies after hours or on weekends, call the main office number (937) 496-2600 and the medical society will notify the physician on call.

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