



### **SINUS SURGERY/SEPTOPLASTY**

The following instructions are designed to help you recover from surgery as easily as possible. Taking care of yourself can prevent complications. It is very important that you read this sheet often and follow the instructions carefully while you are at home. Your doctor or nurse will be happy to answer any questions.

#### **1. DIET:**

You may resume your normal diet. It is important to remember that good overall diet and health promotes healing.

#### **2. ACTIVITY RESTRICTIONS:**

The following guidelines should be followed until your doctor tells you otherwise:

- Do not lift anything over five pounds.
- Do not bend over. Avoid doing things like tying your shoes or picking things up off the floor.
- Do not do heavy exercise or play contact sports.
- Do not strain for a bowel movement. If you are constipated, take a stool softener or a gentle laxative.
- Go back to work or school only when your doctor says you can.
- Do not blow your nose and if you have to sneeze, sneeze with your mouth open.

#### **3. HOW TO TAKE CARE OF YOUR NOSE AND SINUSES:**

You may have some bloody thick mucus drainage from the nose. It will gradually go away. Applying a small gauze dressing beneath your nose will help absorb drainage. After a few days you will probably not need to use the dressing any longer. If you have a bloody saturated gauze more than once an hour, call the office.

You may have some swelling of your nose, upper lip, cheeks or around your eyes for several days after surgery. This swelling will gradually go away. You can help to reduce it by sleeping with your head elevated on two or three pillows and by staying in an upright position as much as possible during your waking hours.

Avoid smoke, dust, fumes or anything else that might irritate your nose.

Protect yourself from any unexpected injury to your nose or face, such as being hit by small children or a restless bedmate.

Do not put anything into your nose. This includes your fingers, cotton-tipped applicators, tissues or handkerchiefs. Any of these items might accidentally injure your nose.

You may find that a cool mist room humidifier is helpful in decreasing the amount of dryness in your nose and mouth.

After your surgery you should use a nasal spray such as Ayr or Ocean Spray. Use 4 sprays in each nostril every two hours while awake to help prevent crusts from forming in your nose.

#### **4. MEDICINES TO AVOID:**

DO NOT TAKE ANY ASPIRIN-CONTAINING MEDICATIONS.

#### **5. RETURN APPOINTMENT:**

You will have a follow-up appointment with your doctor. At this time your nose will be gently and carefully examined and any crusts that have formed will be removed. The removal of crusts may be somewhat uncomfortable for you since your nose is likely to still be tender from the surgery. Because of this, the doctor will spray your nose with special numbing medicine before removing the crusts.

#### **6. NOTIFY YOUR DOCTOR IF YOU HAVE:**

- A sudden increase in the amount of bleeding from the nose.
- A fever above 101 degrees F, which persists despite increasing the amount of fluids you take. A person with fever should try to drink approximately one cup of fluid each waking hour.
- Persistent sharp pain that is not relieved by the pain medication you receive.
- Increased swelling or redness of your nose.

If you have any questions or concerns following your surgery do not hesitate to contact our office at

**Office Phone: 804-484-3700**

Virginia Ear, Nose & Throat Associates' office hours are 8:00 a.m. to 4:30 p.m. You should be able to reach us after hours by calling the regular office number.