

Discharge Instructions for Endoscopic Sinus Surgery / Septoplasty / Turbinate Reduction

FOR THE FIRST WEEK AFTER YOUR SURGERY:

- Do not blow your nose. Sniffing gently is acceptable
- Do not bend over from your waist.
- Do not lift any object heavier than ten pounds.
- Do not engage in any strenuous activity.
- Do not drive for the first two days, or if taking pain medication.
- Do not attempt to remove any crust from the nose other than with irrigation.
- If you sneeze, do so with your mouth open.
- You may wish to elevate your head on one to two pillows.
- You may need to change a nasal drip pad several times during the first few days. Do not be alarmed if the pad is tinged with blood
- Beginning the day after surgery, irrigate you nose four times per day with the saline irrigation kit provided. Increase water concentration if burning occurs.
- For the first three days only, you may place 2 squirts of Afrin into each nostril morning and night to help with breathing.
- If so directed, take the steroid dose pack (Medrol) as directed on the label.

Remember to take your medication as prescribed.

Remember to keep your postoperative appointments to the office.

FOR THE SECOND WEEK AFTER YOUR SURGERY:

- You may increase your level of activity but no strenuous events.
- You may lift up to twenty-five pounds.
- Blow your nose only if so instructed by your physician.

AT ANY TIME AFTER YOUR SURGERY:

- Do not drive or operate any hazardous equipment within six hours of taking prescription pain reliever.
- If any bleeding should occur, apply 3 to 4 squirts of Afrin into the side that is bleeding. Sit in an upright position and squeeze the soft part of your nose for ten minutes. If the bleeding persists for longer than ten minutes, please notify us by calling the office (434-2255).
- Smoking will delay healing. Please quit during the healing phase after surgery. If you must smoke, you should use the irrigation kit more frequently.
- Using a humidifier in the bedroom during the healing phase will be of benefit.

If you experience any double vision, loss of vision, fever >102, or a stiff neck, contact us immediately by calling the office (434-2255).

IF YOU NEED ASSISTANCE PLEASE CALL (540) 434-2255