

DISCHARGE INSTRUCTIONS ENDOSCOPIC SINUS SURGERY

ACTIVITY:

- No strenuous activity for 14 days after surgery, unless otherwise instructed
- No driving for 24 hours or while on pain medication

BATHING:

- Regular showering and bathing is permitted

DIET:

- No diet restrictions
- Resume regular diet, unless otherwise instructed

MEDICATION:

- If a prescription for pain medication is provided, take as directed for moderate to severe pain
- If a prescription for antibiotics is provided, take as directed
- If a prescription for medrol or prednisone is provided, take as directed
- Tylenol may be used for mild to moderate pain

SPECIAL INSTRUCTIONS:

- Elevate the head of bed 30 degrees at home or sleep on multiple pillows
- Oozing from the nostrils and down the back of the throat is to be expected for the first three days. You may have to change your nasal drip pad as often as every 15 minutes or so on the evening of surgery. Oozing will almost always slow down over time. If the bleeding is especially heavy, call our office.
- Lightly apply ice to the nose as desired, but do not get the dressing (if present) wet. This may help with oozing and/or pain.
- Do not use medicated nasal spray until cleared at follow-up or at least 7-10 days after surgery
- You may use the provided Afrin for nose bleeding ONLY in the first 3 days post-operatively.
- Do not use ibuprofen or aspirin for 7 days after surgery, unless otherwise instructed.
- Use Neil Med saline irrigation with distilled water 3-4 times per day as instructed (saline packets may be purchased over the counter or you may make it at home by using $\frac{1}{2}$ teaspoon of table salt with $\frac{1}{4}$ teaspoon of baking soda in 240mL of distilled water or room temp boiled tap water).
- Do not blow your nose for the 1st week following surgery. Open your mouth and sneeze for the 1st week.
- Avoid smoke and other substances, which might irritate the nose.
- If your nose seems dry or sore, you can use the Deep Ocean Nasal Spray in each nostril and

sniff. This will help with the dryness.

- If prescribed, apply a pea sized amount of Bactroban (mupirocin) ointment to both nostrils three times a day for 7-10 days. This helps to prevent infection and improves wound healing inside of your nose.
- You may have 2 thin plastic splints on each side of your nose. These splints will be removed at your postoperative visit.

NOTIFY THE PHYSICIAN OR GO TO THE NEAREST EMERGENCY ROOM IF YOU HAVE THE FOLLOWING:

- Severe pain that is not relieved by rest and your prescribed medication
- Fever above 101°F that is not relieved by Tylenol
- If you see constant flow of bright red blood from the nose or mouth that lasts more than 5 minutes, and not controlled with holding pressure & Afrin spray (It is normal to have blood tinged mucous and spotting bleeds. If there is minor bleeding from the nose hold pressure to the front of the nose for at least 15 minutes)
- For after-hours emergencies you may report the nearest EMERGENCY ROOM.

FOLLOW-UP AS DIRECTED.

Follow-up as directed. To schedule a follow-up appointment in the ENT clinic, please call 210-468-5426.