

DREW S. SAWYER, M.D.

OTOLARYNGOLOGY

Nasal Surgery Post-operative Instructions

Directions:

Avoid nose blowing for 1 week.

Open mouth sneezing only for 1 week.

May use saline spray twice daily and as needed for nasal dryness and crusting.

Stop steroid containing nasal sprays for 1 week post-operatively.

May tape gauze pad under nose to collect drainage and change as needed.

May use ibuprofen as needed for pain.

For nose bleeding, may use Afrin 2 sprays in each nostril twice daily as needed for up to 3 days.

For sinus surgery patients, restart saline irrigations 1 week post-operatively. These rinses are important in the healing process and should be performed twice daily with distilled water. There are multiple over the counter options for this including NeilMed and NetiPot sinus irrigation kits. These are available at most pharmacies and grocery stores.

General Information:

Bleeding: Some bloody discharge from the nose is expected after surgery for the first 3-5 days. If the bleeding is steady use several sprays of Afrin nasal spray. If the bleeding continues, contact our office or the on call doctor.

Pain: You should expect some nasal and sinus pressure and occasional pain for the first 3-5 days after surgery. Typically, Tylenol or Advil is sufficient to control this discomfort. If the pain is not controlled, contact our office or the on call doctor.

Fatigue: You should expect to feel tired for the first week after surgery. Rest and allow your body to recover. Most patients plan on taking 1 week off of work/school to recover.

Nasal Congestion: You should expect nasal congestion for several weeks after surgery. This will improve over 2-4 weeks.

Postoperative visits: You will have a certain number of postoperative visits depending on what surgery you have. During these visits we will clean your nose and sinuses of fluid and blood left behind after surgery. These visits are very important to aid the healing process so it is essential that you attend all those scheduled for you.

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When to Call After Surgery:

Fever >101.5

Sudden visual change or eye swelling

Severe headache or severe pain not controlled with pain medication

Steady nose bleeding not controlled with Afrin

Who to Call After Surgery:

If you are experiencing an emergency call 911 or go to your nearest emergency room.

During business hours (M-F 8:15AM-4:30PM) call the clinic at 512-593-5200.

For after-hours issues that cannot wait until the next business day, please call the answering service at 512-323-5465 and ask for the doctor on call for Dr. Sawyer (ENT).