

# POSTOPERATIVE INSTRUCTIONS SINUS SURGERY

## Diet

Patients who have received general anesthesia may experience some nausea and occasionally, vomiting. It is therefore preferable to eat a bland light meal or a liquid diet on the first day after the surgery. Regular diet may be resumed the next day. Plenty of fluids are recommended.

## Wound care and other information

1. Elevate the head at all times. Sit in a recliner or use two or three pillows when sleeping. Head elevation reduces bleeding and swelling.
2. Take the pain killers with some food or a piece of toast. This reduces nausea.
3. You may take a shower with lukewarm (not hot) water. Make sure you have someone with you in the house in case you feel drowsy or faintly from taking pain killers.
4. Do not remove packing or splints. You may have to breathe from your mouth if the splints get occluded with mucous or clots. This may cause a dry mouth. It is therefore very important to drink a lot and maintain adequate hydration.
5. Bleeding is expected for two to three days after surgery. Just change the drip pad as needed and keep the nostril clean. Clean the dried blood and secretions from the nostrils with Q-tips and rinse with saline douche.
6. Splints will be removed 5 days after surgery at the Dr's rooms. Do take pain medication 45min before appointment as procedure may feel uncomfortable.

## Care after removal of packs or splints

1. Do not blow your nose for at least one week from the day of surgery. Avoid heavy lifting or straining. These activities will increase the likelihood of nasal bleeding.
2. If you have to sneeze, please do it with your mouth open. This prevents excessive pressure build-up and bleeding from the nose.
3. Do not take Aspirin or products containing acetyl salicylic acid. Aspirin prevents clotting and increases the bleeding.
4. Use Saline rinse as prescribed (douche) 3 times daily to keep the mucosa moist and to help loosen the crusts. After surgery use Iliadin nasal spray 3 times per day and Avamys spray twice a day in both nostrils after nasal douche.

## Medications

An antibiotic is usually prescribed for 5 days following the surgery. You may also receive a prescription for painkillers, use as prescribed. These products cause somnolence, drowsiness and constipation.