

# James R. Eskew, M.D., PLLC

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## CARE FOLLOWING NASAL OR SINUS SURGERY

1. During the first 5 days after your surgery you should have a minimal level of activity and should keep your head elevated above the heart. During sleep, propping up your back and head on 2 or 3 pillows does this. An ice pack (bag of frozen peas works very well) will help to reduce swelling and bleeding. No exercise, swimming, or lifting over 15 pounds for 3 weeks after surgery, and then you may gradually resume your normal activity. NO swimming or flying for 6 weeks after surgery unless cleared by your physician. The first day after surgery you should eat small amounts at a time to prevent nausea from anesthesia. After the nausea has resolved, you may eat as desired.
2. Soft plastic splint and/or sponge packing may be sewed into position inside your nose. If your doctor used splints or packing, they will need to remain in place for 1-2 weeks. You will have some discomfort and headaches, and your nose will be stopped up. There will be some oozing of blood and fluid from the nose, tear ducts, and down the throat for several days. Some crusting of blood and fluid inside inside each nostril will occur. The nose may be cleaned with Q-tips or a washcloth soaked in Hydrogen Peroxide or saline. Bacitracin Ointment should be applied around the inside of each nostril twice daily. For some types of surgery your doctor may recommend sinus irrigations.
3. Significant bleeding from the nose can occur following nasal surgery, but fortunately it is rare (about 3% of patients). If bleeding occurs, try to remain calm, keep your head elevated, spray each nostril twice with AFRIN or other decongestant nasal spray, and apply an ice pack to the nose and face. Spray the nose again if bleeding has not stopped in 10 minutes. Towel or gauze under the nostrils will absorb the blood for convenience. If your nose bleeds more than a cup or continuously for more than 1 hour, call the office at 512-637-0961.
4. **YOU MUST NOT BLOW YOUR NOSE FOR A MINIMUM OF 3 WEEKS AFTER SURGERY.** If you must sneeze or cough, do so with your mouth open.
5. You will be given prescriptions for your surgery. Please follow the dosage instructions precisely to ensure an uneventful surgery and recovery.
6. Do not take any medications that contain aspirin or ibuprofen and avoid vitamins and herbal supplements 10 days before or after surgery. If using over the counter nasals like Afrin, notify your doctor prior to surgery. Tylenol can be taken for fever or mild pain. Pain medications will be prescribed to take as needed for more severe pain. NO DOT take Tylenol in addition to your pain medication, as that could cause an overdose of Tylenol which is in both medications. Low grade fever after nasal surgery is normal, and may last for several days.
7. Please call 512-637-0961 immediately if you have the following:
  - persistent vomiting
  - Fever over 101F
  - Pulse greater than 100 beats per minute
  - Black out spells
  - Redness or swelling of the face or nose
  - Drainage of pus from the nose.