

Ear, Nose & Throat Specialists of Nashville

Things to Know After Surgery

Nasal/Sinus Surgery

Nasal and/or sinus surgery is usually not terribly painful, although patients' tolerance of pain can vary greatly from person to person. If there is nasal packing in the nose, the discomfort can be expected to be worse. Please refer to the following information concerning use of medications and important post-operative care instructions. As always, if you have questions or concerns, please call the office at **(615) 832-2200** during business hours. **Please reserve after-hours calls for emergencies only.** We reserve the right to charge a fee for after-hours telephone consultations.

NASAL PACKING: None Absorbable Non-absorbable – removed in 1 week in the doctor's office

PAIN MEDICATION: None Codeine Vicodin Percocet Other _____

ANTIBIOTICS None Keflex Other _____

OTHER INSTRUCTIONS:

- You may eat or drink a regular diet.
- Do not blow your nose until instructed that you may after your follow-up visit.
- If you sneeze, do it through the mouth only.
- A small amount of bloody drainage is normal for several days after surgery. **Call Dr. Williams at (615) 832-2200 if blood continues POURING from the nose or mouth.**
- Use Afrin spray – 2 sprays each nostril twice daily for **3 days ONLY**. **DO NOT USE if you have high blood pressure.**
- **Use salt water sprays** (i.e., saline, ocean spray, etc.) – 2 sprays each nostril at least four times daily until you are seen in follow-up.
- One week after surgery, you may resume use of your nasal steroid spray (i.e., Flonase, Nasonex., etc.)
- You may shower or bathe as usual. No swimming or submersing the head under water.
- **Refrain from strenuous activity or heavy lifting** (i.e., more than 10 lbs) for at least 2 weeks.
- Do not take pain medications other than Tylenol or the medication prescribed by Dr. Williams. This may increase the risk of bleeding.
- Patients may return to work or to school when they are no longer taking prescribed pain medication, as long as no strenuous activities are undertaken. This usually is within one week or less.
- If you have packing in the nose, it is not unusual to have a headache caused by this. **Call the office if you have associated high fever (>101.5) or neck stiffness, if there are changes in mental status or if the headache is worsened by light.**

- Follow-up appointment is set for _____ at _____ am/pm
Date

Patient Name