

## Home Care after Nasal or Sinus Surgery

**ACTIVITY RESTRICTIONS:** Do not lift any object over 20 pounds. Do not lean over or bend at the waist; if bending is necessary when no one is available to help, then squat and bend at the knees, keeping the head up. Do not exercise or play sports until further instructed. Protect yourself from inadvertent injury to your nose or face from small children, pets or a restless bed partner. Avoid smoke, dust and volatile fumes and any other allergens to which you may be sensitive. Avoid airline or mountain travel or diving during recovery until further instructed.

**DIET:** Remain on a cool, soft, bland diet until the effects of anesthesia, pain medication and bloody drainage is controlled. Spicy, hot or chewy foods will increase the risk of bleeding, nausea and vomiting. Avoid alcohol and caffeine products.

**CARE INSTRUCTIONS:** Keep the gauze and rubber band dressing under the nose as long as there is blood drainage. Change the gauze as often as necessary. Do not suppress the urge to sneeze; instead, expel a sneeze through an open mouth. Expect the drainage to subside over several days but may be present for 2 weeks.

Do not blow your nose. The nose must be irrigated with saline frequently. Any matter that accumulates in the nose must be sniffed into the throat during irrigations and expectorated. Saline irrigation should start immediately after surgery and be repeated several times an hour while awake. Power nozzle saline sprays are best to use to prevent crusting and blockage.

Sleep with your head elevated with extra pillows, with a wedge, with blocks under the head posts of the bed, or in a recliner. Elevated position is important to improve breathing and to reduce bleeding, swelling and pain. The nose and face may be swollen during recovery but bruising is unlikely. Keep the facial ice pack on your face and nose during the early recovery phase. Use a cool mist humidifier at the bedside at night and beside you throughout the day. Call the office at any time if you become concerned about the swelling, pain or bleeding. Report a change in vision, sustained 102 fever or large amounts of watery drainage from the nose.

Take all medications as instructed. Call the office if you recognize any side effects of the medications. Pay attention to the list provided to you and avoid all medications that increase the risk of bleeding. Prevent constipation by usual methods to prevent straining while having a bowel movement. Constipation may be more likely while taking narcotic pain relievers, inactivity during recovery and less regular dietary intake. Push fluids, soft foods and fruit. You may possibly need stool softeners or gentle laxatives. Call the office if constipation seems to be a problem.