



David S. Oliver, MD, FACS, FAAAA

HOME CARE AFTER BALLOON SINUPLASTY SURGERY

ACTIVITY RESTRICTIONS: Apply for only the first few days after surgery. 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 when pain and bleeding subsides, usually 2-3 days. 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, mountain travel, or diving during recovery until further instructed.

DIET: Remain on a cool, soft, bland diet on the day of surgery. There may be mild bloody drainage that can worsen if a solid or chewy diet is consumed. Spicy, hot, or chewy foods will increase the rare risk of bleeding, nausea, and vomiting. Avoid alcohol and caffeine products. Advance diet as bleeding or discomfort wanes, usually within 2-3 days.

CARE INSTRUCTIONS: Keep the gauze and rubber band dressing under the nose as long as there is bloody drainage, usually only the day of surgery. Change the gauze if necessary. Do not suppress the urge to sneeze; instead, expel a sneeze through an open mouth. Blow your nose gently if necessary. Rely on frequent saline irrigation to cleanse the nose and assist in the clearing the passageways. 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 used 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. An elevated position is important to improve breathing and to reduce bleeding, swelling, and pain. The nose may feel swollen during recovery, but bruising is unlikely. Keep the ice pack on your face and nose if swelling is sensed. 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 vision change, 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.

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