

Nasal Surgery

HOME CARE INSTRUCTIONS

- Drink plenty of fluids. This prevents dehydration and keeps your throat and nasal passages moist.
- Change the drip pad as needed. The blood will slowly decrease over the next week. It is normal to have to change the drip pad frequently for the 1st 1-3 days.
- Leave the packing or splints in until your physician removes it.
- Use a cool mist vaporizer if this provides relief.
- Avoid heavy lifting, stressful activities, and strenuous exercise for 2 weeks.
- Take your medication as directed.
- You must see your physician as scheduled to evaluate the healing and if packing or splints were placed, to remove it then.
- After nasal packing is removed, saline nose sprays or saline nasal irrigations may be used to keep the nasal passages moist.
- **DO NOT** blow your nose. Sniff up and spit out if necessary.
- **DO NOT** pick at anything inside of your nasal passages.
- **DO NOT** use your nose to sneeze. Sneeze with your mouth open.
- **DO NOT** bend over for long periods of time.
- **DO NOT** drink alcohol.
- **DO NOT** drink very hot foods and/or beverages.
- **DO NOT** use aspirin, or products containing aspirin, for 2 weeks. Generally avoid ibuprofen for 1 week after surgery.
- If you have been prescribed narcotics it is important not to drive or operate machinery or engage in climbing activities due to risk of injury to yourself or others. **NO** driving within 10 hours of narcotic use.

POSSIBLE SIDE EFFECTS

- You may feel drowsy and nauseated from the anesthesia.
- You will feel nasal blockage from the nasal splints or packing.
- You will be breathing through your mouth.
- Your throat may become dry and irritated.
- You may have minor nasal tip stiffness, swelling, and pain. Usually, there is no swelling or discoloration of the eyelids.
- There will be some nasal drainage. The color will start out red, slowly lighten to pink, and then turn clear.

CONTACT YOUR PHYSICIAN

- If there is excessive bleeding.
- If your pain does not decrease in 1-2 days.
- If you have a fever above 101.1° or if you have a low-grade fever for more than 3 days.
- If you have green-colored drainage.
- If you have any questions or concerns.

After your nasal surgery, your physician will let you know if high-volume nasal saline irrigations are recommended for the postoperative time frame.

If you had a Septoplasty surgery with splints placed to support the septum, you would not do saline irrigations until after the splints are removed in the clinic. Generally, however, after Septoplasty surgery and removal of splints, it is wise to consider high volume nasal irrigations to decrease crusting and improve nasal breathing. Below are instructions on how to conduct saline irrigations. If you had sinus surgery and/or nasal turbinate reduction without Septoplasty you can begin the nasal saline irrigations on the day after sinus or turbinate surgery. Generally speaking, do not vigorously blow your nose after saline irrigations, but a gentle nose blow is okay.

Obtain a sinus irrigation device (looks like a spray bottle) or a Neti pot like device (looks like a tea pot). If you don't have one, purchase one over the counter at any pharmacy. Irrigate each nostril while bending over the sink with one half of the reservoir on each side one to two times per day. You will apply the rinse to each nostril and the solution will drain out either the other nostril or, occasionally, you will get some drainage down the back of your throat which you can spit out. You must use salt water and there is a recipe below for making the solution to use yourself. Alternatively, you can buy the packets over the counter in the nasal section of the pharmacy. The water used should be lukewarm, and you should clean the irrigation device regularly in the top rack of the dishwasher or by hand with warm mild soap solution in between uses. Clean the device after every use if you have a sinus exacerbation or if you suspect you may have a bacterial sinus infection. **Do not** share an irrigation device with somebody else as it can spread infection.

Recipe

To make the sinus irrigation solution yourself use 1 quart of body temperature (not hot or cold) boiled, then cooled, water mixed with 1 teaspoon of baking soda and 1 teaspoon of non iodized salt (also known as canning salt and available in the baking section of the grocery store.) You can also use distilled water if you do not want to boil and cool the water for the solution.

Store the solution in a covered, clean glass jar, warming the solution as necessary in the microwave if it cools to room temperature before you are ready to use it. Never irrigate with hot water, the water must be lukewarm (in other words, close to body temperature say 90-98 degrees Fahrenheit).