

RED RIVER E.N.T. ASSOCIATES

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POST-OP INSTRUCTIONS FOR NASAL SINUS SURGERY

1. You may experience numbness of the upper teeth and lips. The majority of the numbness will usually resolve within two weeks following surgery. There may be some additional numbness that may take one to two months to fully resolve.
2. Nasal packing is rarely inserted into one or both nostrils at the time of the surgery, but if it is this may cause a pressure sensation and some difficulty breathing through your nose. You will be instructed when to return to have packing removed or post op care usually within 1 week following the surgery.
3. Bleeding following surgery is usually seen, but should only be a small amount. If you notice a steady flow of blood from your nose or if you are spitting up large amounts of blood, notify the doctor.
4. Immediately notify the doctor for:
 - a. Eye swelling
 - b. Decrease in vision
 - c. There is usually a clear mucous drainage from the nose but if nasal drainage is a leakage of clear watery drainage, then call the doctor.
 - d. Fever greater than 101 degrees, nausea, vomiting, or diarrhea
5. Antibiotics and pain medication will be prescribed for you to take after surgery.
6. DO NOT do any heavy lifting, straining, or strenuous exercise until cleared by the doctor.
7. DO NOT blow your nose for the first 24 – 48 hours following surgery, then only if you have to, you must blow VERY gently (sniff if permitted)
8. Diet for the first 6 – 8 hours following surgery should consist of liquids only. You may then advance to regular food as tolerated.
9. Starting on the first post operative day, begin using ocean nasal spray, 2 – 3 puffs each nostril every 2 to 4 hours while awake, also start saline irrigation 48 hours after surgery.
10. Clean the outside of both nostrils with a q-tip and peroxide, this will help clean the blood that collects in the nasal hairs, then place over the counter Neosporin or bacitracin ointment to each nostril.
11. Light ice pack or cold compress to eyes may help discomfort.