

## **EAR, NOSE AND THROAT ASSOCIATES OF CHESTER COUNTY**

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### **SINUS SURGERY**

#### **>>PATIENT INSTRUCTIONS >>**

Please read and familiarize yourself with these instructions both **BEFORE** and **AFTER** your procedure. By following them carefully, you will assist in obtaining the best possible result from your surgery. If questions arise, please contact our physicians or nurses.

#### **PRE-OPERATIVE:**

- If you experience signs or symptoms of an upper respiratory infection or other illness within five days prior to surgery, please call our Surgical Coordinator at 610-363-2532.
- For one (1) week prior to surgery, you should not take any aspirin or aspirin containing drugs, nor any ibuprofen or ibuprofen containing drugs. Examples of these include Advil (Motrin), Naprosyn (Naproxen), or Fiorinal. Also, supplements which should be avoided include Vitamin E capsules, omega 3 (fish oil), or glucosamine chondroitin. If you are required to be on any of these medications, discuss this matter directly with your ENTACC provider before stopping. If you are on Coumadin (Warfarin), Aspirin, or Plavix, please discuss with the prescribing physician about how to adjust this medication prior to your surgical procedure.
- Do not eat or drink anything, including water, after midnight prior to surgery.
- Use **AFRIN NASAL SPRAY** as directed pre-op. Your physician will provide you with prescriptions for medications to take at home following surgery. Please prepare by filling your prescriptions prior to your surgery. Take only the medications prescribed by your physician(s).
- Call our office at 610-363-2532 if you have any questions about your surgery.

#### **POST-OPERATIVE:**

- Any pain medications prescribed by our physicians are safe to use in the post-operative period. For children, liquid acetaminophen (brand names Temptra and Tylenol) may be used with a dosage determined by the age of the child. Adults may use tablets or capsules of acetaminophen with the same brand names.
- Most often the intranasal packing is absorbable, however on occasion non-absorbable packing is required for your surgery. Do not disturb this packing. Occasionally, a black or white string will be seen coming out of one or both sides of the nose. This is attached to the packing and should neither be cut nor pulled. If it becomes a source of annoyance, tape it to the skin of the nose.
- Change the dressings under the nose (if present) as needed. Use gauze 2x2's and ½ inch non-allergic nylon tape.
- Sleep with your head elevated on two pillows.

- Avoid all caffeinated products.
- In the immediate post-operative period (7-10 days), supplemental humidity as supplied by a **COLD** water humidifier will help in your comfort. This is especially important during cold weather months.
- Avoid foods that require prolonged or excessive chewing for several days.
- Avoid extreme and strenuous activity. Obtain more rest than normal. Most patients stay out of work or school for about one week. Circumstances surrounding your employment might allow you to return sooner or require that you stay out longer.
- Do not swim for four weeks after surgery.
- No hot showers.
- Contact lenses may be worn within two to three days after surgery.
- For several days following surgery, you will experience some slight bloody mucoid drainage from the nose. This will usually persist for a week or two. If any active bleeding occurs, you should bend your head forward and allow the blood to drip out and then blow your nose. This technique will be utilized in the office when your packing is removed. Should the bleeding persist, please call our office immediately.
- On occasion, there may be a need to remove the non-absorbable nasal packing within one to three days after surgery. You will be notified of this. Most often, however, the packing is absorbable and does not need to be removed. In the post-operative period, there is a tendency for crusts to form inside the nose. To prevent this, we will give you a bottle of Pretz Nasal Spray (on your first post-operative visit) for usage at home. You should use several sprays in each nostril several times per day. Additionally, Bacitracin Ointment is used to coat the inner area of the nasal opening. At the time of your first post-operative visit, the nurse will show you how to do this. Neither of these medications require a prescription.

If you have any questions concerning your comfort or care, please contact our office at 610-363-2532.