

John "Chip" Currens, MD
Ronald Lane, MD
Frank Melvin, MD
Robert Moore, MD
Ted Rheney, Jr., MD
Jason Roberts, MD
Stephen Seal, MD



Sinus Disorders
Pediatric ENT Care
Ear Injuries & Disorders
Thyroid Problems
Hearing Loss
Facial Plastic Surgery
Voice Disorders
Acid Reflux

Endoscopic Sinus Surgery

Diet

Patients may resume a regular diet without restrictions. Many patients note a scratchy throat for the first day or two and may prefer soft foods initially.

Activity

Light to moderate activity is recommended. Avoid heavy lifting and straining for the first week after surgery. Nose blowing should be gentle and minimal. Forceful nose blowing may lead to nasal bleeding. Sneeze with mouth open. Elevating the head while resting or sleeping may be helpful.

Packing and/or External Splints

- Your surgeon may place packing internally, which is usually absorbable.
- If you are having a septoplasty in conjunction with sinus surgery, you may have splints inside your nose. The splints are usually removed one week after the surgery in the office.
- After the packing and splints are removed, you may breathe better for a few hours, then the inside of your nose may swell again. Decongestant sprays will NOT make you feel better, so do not use them. Your doctor may suggest topical nasal steroid sprays. It may take several weeks for swelling to go down completely.

Nasal Congestion

Severe nasal congestion is to be expected after nasal surgery due to swelling and sometimes due to nasal packing. You may feel like you have a severe "head-cold" after surgery. Headache and sore throat are common and frequently result from post-operative drainage and mouth-breathing. Decongestants will NOT relieve these symptoms. Some people complain of soreness or swelling in or around the teeth and numbness of the upper lip. This is normal and will gradually subside, although, it may take weeks.

Nasal Saline Sprays

- Your physician may recommend mechanically cleaning the nose and sinuses with saline. This can remove blood and mucus from the nose and help with healing after surgery. Nasal saline spray (such as Ayr or Ocean spray) is available over-the-counter. You may also make saline solution at home.
- Start nasal saline irrigations one week after surgery. These irrigations may be saline only but may include antibiotics and/or steroids to help with the healing process.

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1-800-228-3127 | AshevilleENT.com

Asheville
1065 Hendersonville Rd
Asheville, NC 28803

East Asheville
1000 Centre Park Dr
Asheville, NC 28805

Brevard
188 Medical Park Dr #7B
Brevard, NC 28712

Hendersonville
709-D North Justice St
Hendersonville, NC 28791

Marion
20 Medical Park Dr #2
Marion, NC 28752

Endoscopic Sinus Surgery (continued)

Pain

- Some pain after nasal surgery is expected. It is generally of moderate severity. Please take the pain reliever medication as prescribed by your physician. Some temporary numbness of the upper teeth may occur. Acetaminophen (Tylenol) may be used. DO NOT use aspirin or over-the-counter ibuprofen (Advil, Aleve, Motrin)
- Narcotics may cause constipation; stool softeners such as docusate sodium (Colace) can be helpful for this and help prevent excessive straining which can lead to bleeding.

Fever

Low-grade fever after nasal surgery is common. Please notify our office if your temperature is 102°F or higher and does not respond to acetaminophen.

Bleeding

Some bloody nasal and postnasal drainage after nasal surgery is expected. You should expect light bloody drainage for the first 1-2 days. Please call the office if your bleeding becomes excessive. In general, the drip pad should not be saturated more frequently than every 15 minutes. If there is mild bleeding or if instructed to do so by your physician, it is important to use Afrin nasal sprays: 5 sprays each nostril three times daily for up to 3 to 4 days.

Clear Nasal Drainage

Please call the office if you notice a large amount of clear nasal drainage after surgery, especially if it is one-sided and if it varies with change in position. Very infrequently, a CSF (spinal fluid) leak may occur. Call your physician if you have any concerns about clear nasal drainage.

Vision Changes

Some swelling around the eyes can be expected after surgery. If you experience any changes in vision or spontaneous and rapid swelling around the eyes, it is important to call the office and seek medical attention immediately.

Nausea/Vomiting

Some patients may experience nausea and/or vomiting after surgery. Your physician may prescribe medication for nausea. Please call to speak with our nurse if you need help managing nausea or vomiting.

Medications

Patient should resume regular medications after surgery, except aspirin-containing products. Antibiotics are often prescribed to prevent infection so please take these as instructed.