



POST OPERATIVE PATIENT INFORMATION

*Nasal Surgery / Endoscopic Sinus Surgery*

- A. Activity - Avoid strenuous exertion, including heavy lifting (anything over 10 pounds), bending, and straining for at least seven days after surgery. This limitation may be extended for a longer time in some cases. Ask if this is true for you, and it will be explained to you at your first postoperative office visit.
- B. Diet - Unrestricted --resume your usual diet. Avoid alcoholic beverages for 24 hours.
- C. Medications - For best surgical result, take all medications as prescribed at discharge from the hospital. No aspirin or aspirin products for at least 10 days following surgery.

Beginning on the third day after sinus surgery, you should start using Ocean nasal spray, 2 puffs in each nostril 4 times per day.

- D. Special Precautions:
  - 1. **No nose blowing** for 1 week following surgery, then only very gently. If sneezing occurs, open your mouth wide during the sneeze to reduce intranasal pressure--do this until splints are removed from your nose. (Splints may or may not be present depending on type of nasal surgery.)
  - 2. Severe eye pain or visual disturbances should be reported to the physician immediately.
  - 3. Anesthetic - Anyone having a general anesthetic should not participate in any activity requiring mental alertness, physical coordination, or balance for 24 hours after the anesthetic; e.g. driving, bicycling, etc. Anyone who has had a general anesthetic should begin with clear liquid diet and advance as tolerated to regular diet.
  - 4. Avoid cigarette smoking or exposure to smoke filled environments. If you are a smoker and wish to stop, we have information to assist you. Ask about it at your follow-up visit.

E. Communications

- 1. Nasal drainage/congestion - Nasal drainage of a bloody mucus character along with nasal congestion can be expected for as long as 2 weeks following surgery. If either of these conditions persist beyond 2 weeks, notify your doctor of this at your follow-up visits.
- 2. Bleeding - If bleeding occurs, sit with your body leaning forward and allow the blood to flow into a container, use this container to estimate blood loss. A small amount of bleeding postoperatively is not unusual. Bleeding of more than one cup or for more than 10 minutes may require examination by the doctor. Notify the office if this occurs.



advanced  
**EAR, NOSE & THROAT**  
head and neck surgery

---

Randall S. Lomax D.O.

3. Fever - A slight fever may result from this surgery. A moderate to high temperature (greater than 101 degrees) should be reported to the office. This may require an examination and treatment.
  4. Pain - Pain not relieved by the medication prescribed and/or pain of an increasing character should be reported to the office.
- F. Follow-Up - Schedule your first postoperative appointment approximately one week from the date of your surgery. If this was not done during your preoperative visit, call the office soon after surgery to schedule the date and time. Generally, 4 or 5 follow-up visits are required. If you were discharged with nasal packing or splints still in place, take your pain medication 1 hour before your follow-up visit to remove the splints and/or packing. (Splints are usually removed one week after surgery.) This will aid in your comfort during the removal of the packing and/or splints during your visit.

If you are uncertain about any of the above items or have any questions, please contact our office at (702) 834-5886 from 8:00 a.m. to 5:00 p.m. Monday through Friday. After hours, if you have an emergency, go to the emergency room or call the office number and you will be connected to the on-call physician.

My postoperative instructions have been explained to me, I understand their meaning and a copy has been given to me.

Patient/Family: \_\_\_\_\_

Date: \_\_\_\_\_

Nurse: \_\_\_\_\_