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## **Sinus or Nasal Surgery pre-op and post-op instructions**

### **Pre-op instructions**

**NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.** If you do eat or drink the morning of the surgery, your surgery will be cancelled.

**Time to arrive:** You will be notified of the time of your surgery 24-48 hours prior to your surgery by the surgery center.

1. **10 days prior to surgery**, DO NOT take any of the following: Motrin, Advil, Aleve, or other anti-inflammatory products; aspirin (unless you have discussed this with Dr. Walker and she has given specific instructions); herbal medications including fish oil, garlic pills and vitamin E; or diet/weight loss medications such as phentermine.
2. If you are currently taking Warfarin, Plavix or Eliquis – please contact the prescribing physician for specific instructions on how to stop taking these medications prior to surgery and re-start these medications after surgery.
3. If you take any medications for the following conditions - blood pressure, seizures, blood clotting disorders, diabetes, or other chronic health conditions, contact our office to obtain instructions on taking these the morning of surgery.
4. If you have a chronic condition and see a specialist for heart, lungs, kidneys, or seizure disorders, you will need to get surgery clearance. It is your responsibility to contact your specialist and provide the clearance confirmation to our office, **at least one week prior** to your surgery.
5. DO NOT consume alcohol or take any tranquilizers or sleeping pills on the day of surgery.
6. Please contact our office if you are sick with a fever over 101 degrees, have nausea, vomiting, diarrhea or a cough, or if you have a change in medications prior to surgery.
7. Bring a list of ALL current medications and indicate if you have allergic reactions to any medication, including what that reaction is – to the surgery center.
8. You will need to arrange to have a driver – they will need to be at check-in, stay during your procedure and be able to drive you home after the procedure.

## **Post-op instructions**

Please arrange for a responsible adult, who understands the post-operative instructions to stay with you at least the first night after your surgery. If you have any questions, please contact your physician.

1. You will be given a pain medication - take as directed with food (may cause nausea or drowsiness); antibiotics to take for 7-10 days; and possibly a medication for nausea.
2. **FLUIDS ARE ESSENTIAL!** Drink plenty of fluids and eat only light meals until no nausea is present. Avoid spicy, crunchy, and hard foods for 2-3 days or until you can tolerate them.
3. Keep your head elevated at least 45 degrees for 3-4 days by sitting up or moving around a bit and try to sleep on two pillow or in a recliner to reduce swelling and bleeding. Lighten your schedule and get plenty of rest.
4. Some bleeding is normal after surgery and can continue minimally for up to 48 hours, as well as headache, stuffiness in the ears and congestion. You may use Afrin nasal spray (2 puffs every 4-6 hours) to help with any congestion and to reduce bleeding.
5. There will be a pad under your nose to catch any drainage – you may change this pad as needed. Clean dried blood and secretions with 3% hydrogen peroxide applied to Q-tips.
6. DO NOT use Afrin nasal spray for more than 3 consecutive days.
7. DO NOT drive, operate equipment, or oversee care of another individual after surgery.
8. DO NOT remove packing or splints (if present). You should breathe through your mouth if necessary. This may cause dry mouth, so drink lots of fluids and stay hydrated.
9. DO NOT: swim, do heavy lifting, bend over, exercise or blow your nose for 7-10 days after your surgery or until cleared by your physician. If you need to sneeze, sneeze with your mouth open.
10. Resume your normal medications, but continue to avoid aspirin, ibuprofen, and any blood thinners for one week after surgery or as directed by your physician and/or Dr. Walker.

## **What is abnormal?**

Call our office or your primary care physician if any of the following occur:

1. Heavy bleeding – increasing rather than decreasing with time.
2. Swelling, increasing rather than decreasing two days after the surgery.
3. Foul smelling drainage from the nostrils.
4. Fever greater than 101 degrees.
5. Prolonged nausea or vomiting.
6. Increased pain, not relieved by pain medication.
7. Difficulty breathing.
8. Seizures or convulsions.
9. Metallic taste in mouth.
10. Ringing in ears.
11. Visual disturbances.

**KEEP YOUR FOLLOW UP APPOINTMENT!!**