



RAJ P. TERKONDA, MD, FACS
FACIAL PLASTIC & RECONSTRUCTIVE SURGERY

Before & After Nasal & Sinus Surgery Instructions

Before

- 2 weeks before surgery: stop all herbal supplements, aspirin, NSAIDS (motrin, ibuprofen, advil, alleve, naproxen, etc), Vit E, and fish oil. (Tylenol is fine)
- If you are >50 years old or have medical problems that can impair your healing, I recommend vitamins from www.vitamedica.com. Start the Recovery Support System 2 weeks before & Arnica Montana after surgery.
- If a preop clearance is requested, please have this is done before your preop appointment with Dr. TerKonda.
- Get enough sleep before your surgery. Don't work out or work the morning of surgery.
- Nothing to eat or drink 8 hours before surgery, except important medications should be taken with a small sip of water.

After

- Change "moustache" nasal dressing when it is saturated with blood. Minor bleeding and bloody mucus is expected.
- Apply light ice pack with crushed ice or frozen peas to the forehead and cheeks for swelling.
- Remove your nasal sponges the following day. If bleeding is moderate, wait another day.
 - Sit in a chair with an old towel or washcloth
 - Saturate sponges with Afrin (oxymetazilone) decongestant spray.
 - Gently pull strings at the bottom of the nose. The nasal sponges are 1-1.5 inches long
 - Spray 3 puffs of Afrin in each nostril.
 - You will bleed for 5-10 minutes.
- Perform the following nasal care 3x/day after nasal sponge removal:
 - Clean nostrils with a qtip dipped in hydrogen peroxide.
 - Apply any antibiotic ointment with a fresh qtip inside the nostrils
- Activity Restrictions
 - Avoid heavy lifting, exercise, bending for 1 week
 - No air or mountain travel for 2 weeks
 - Sleep with head elevated
 - If a white or metal cast is on the nose, do not get it wet for 1 week. You may get it wet in the shower on the morning of your postop appointment with Dr. TerKonda
- For nasal congestion:
 - Sudafed, Benadryl, Claritin-D, Allegra-D
 - Ocean spray (nasal saline spray) 1-2 puffs 3-4x/day or more; do not use Afrin spray!
 - Place a humidifier next your bed with the door closed.

After One week Postop Appointment

- Dr. TerKonda will remove internal silicone splints and external cast and tape (if present)
- Use ocean spray 2 puffs 3x/day for one week, and longer if needed.
- Stop nasal care with hydrogen peroxide and antibiotic ointment
- Avoid nasal trauma for six weeks; avoid contact sports

*****Contact Dr. TerKonda*****

Heavy bleeding, vision changes, severe headache, mental status changes, fevers >101.5
310-657-7704 TOWER ENT TEXT 310-730-8497 OBAGI SKIN HEALTH INSTITUTE
310-275-3030



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- OK to resume normal exercise 2 weeks after surgery
- If you have an small suture line between your nostrils, please order Biocorneum Scar Gel from <https://www.amazon.com/bioCorneum-plus-Advanced-Scar-Supervision/dp/B00AV14GTE> Apply to suture line 2x/day for 8 weeks.

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