



ADVANCED SINUS
AND
ALLERGY CENTER

1030 W. Higgins #325
Park Ridge, IL 60068

Post-Operative Instructions after Septoplasty, Bilateral Inferior Turbinate Reduction, Bilateral Endoscopic Sinus Surgery and Adenoidectomy

Diet:

There are no dietary restrictions. You can resume a regular diet after surgery.

Pain:

Take your pain medication (Norco) as prescribed for moderate to severe pain.

If your pain is only mild, you can take Tylenol (Acetaminophen) **instead of** your narcotic pain medication. DO NOT take both together because they can cause liver toxicity since they both contain Acetaminophen.

Do not take more than 4 grams of Tylenol (Acetaminophen) per 24 hours

Do not drive while taking Norco because it is a narcotic medication.

Take milk of magnesia daily **while you are taking Norco** to prevent constipation. If you are only taking Tylenol for pain and not Norco, you do not need to take Milk of Magnesia.

DO NOT TAKE any Aspirin or Aspirin-containing products like Motrin, Ibuprofen, Nuprin, Aleve, Celebrex, Naproxyn, Excedrin, Advil or Peptobismol for 2 weeks after surgery

Migraine medications should be used only after discussion with your physician and should not be taken at the same time as your narcotic pain medication

Nasal Care:

Change the mustache dressing as needed. The drainage from your nose will slow down and will stop after 24-48 hours

Clean the front of the nose with a Qtip dipped in hydrogen peroxide three times per day and apply Bacitracin or Neosporin ointment to the front of the nose with a clean Qtip after cleansing

Do not pull at the splints or the blue suture inside your nose

Use a humidifier or vaporizer in your room during the night to prevent throat pain with mouth breathing

For the first week after surgery while the splints are in place, spray 3 sprays of nasal saline (salt water spray) in each nostril every 2 hours while awake until your splints are



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removed in the office. After spraying, snort back the saline and mucous and swallow it or spit it out, but do not blow your nose.

The day after the splints are removed in the office, you should begin irrigating your nose with saline using a NeilMed bottle 4 times per day. Use half of the bottle in each side of your nose. You can purchase the bottle, the salt packets and distilled water to make saline at your local pharmacy.

If you develop bright red blood from your nose:

1. Spray 4 sprays of Afrin (Oxymetazoline) in each side of your nose and pinch the front of the nose for 15 minutes using a nose clip AND
2. Apply an ice pack or a bag of frozen peas over the outside of the nose AND
3. Suck on ice chips
4. If the bleeding does not stop after 15 minutes, call our office. If it is after hours, follow the instructions on the phone and have the provider on call paged.

Activities:

No nose blowing for 2 weeks after surgery

Cough and sneeze with your mouth open for 2 weeks after surgery

No heavy lifting, bending or straining for 2 weeks after surgery

No strenuous exercise for 2 weeks after surgery

Sleep with the head of bed elevated with extra pillows or in a recliner if you prefer until the splints are removed in our office

You can begin showering the day after surgery. Steam showers are recommended. Do not bend your head while showering.

When to call your doctor:

Pain that does not respond to the pain medication

Temperature over 103F

Persistent cough

Coughing/spitting up blood or profuse bleeding from your nose

Nausea and vomiting



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Dehydration (decrease urination or when your urine turns very dark yellow or amber)

Yellow/green drainage from the nose and foul odor in the nose

Double vision, eye swelling, painful vision, neck stiffness or salty clear fluid from the nose or down the back of the throat that drips like a faucet and occurs not just after you have used your nasal saline spray

Other restrictions:

You cannot travel by airplane for 14 days after surgery

You cannot travel outside of the Chicago area for 14 days after surgery

No smoking or chewing tobacco or drinking alcohol for 2 weeks after surgery

No smoking marijuana or using other illicit drugs

What to buy at the pharmacy

Prescribed medications: antibiotic, steroid (Medrol) and Norco (pain medication)

*** Start taking the antibiotic the day after surgery.** Take a daily probiotic while you are on antibiotics to prevent diarrhea.

***RESUME YOUR STEROIDS THE DAY AFTER SURGERY. Take the steroids on a full stomach after a large breakfast.**

Over-the-counter medications: nasal saline (Ocean Spray), Afrin (Oxymetazoline), Milk of Magnesia and Tylenol (Acetaminophen)

Other supplies: nose clip, a box of small gauze and a roll of skin tape

How to get in touch with your doctor:

1. During regular business hours, please call our office at (847) 655-7442
2. For emergencies after hours, please call the same number and follow the prompts to have the provider on call paged
3. For non-emergencies after hours, you may leave a message on the machine and we will return your call the next morning.