



ENTAA Care

Ear, Nose & Throat, Asthma & Allergy
Audiology & Hearing Aid Center
Speech & Balance Center

Post-Operative Instructions for Nasal Septal Reconstruction or Sinus Surgery

1. Nasal splints may be placed in your nose at the time of surgery. If you have a septorhinoplasty and/or reconstruction of nasal fracture, you may have an aluminum cast. Please keep cast dry to prevent cast from falling off. You can expect a moderate amount of nasal obstruction (difficulty breathing through the nose) until the splints are removed. Following surgery, it is normal to have swelling inside the nose. If a septorhinoplasty was done you may have swelling around your eyes and cheeks. Your eyes may be black and blue. Applying ice to the eyes and face for the first 48 hours should help to keep the bruising and the swelling down. These things make it difficult to breathe through your nose. The “stuffy” feeling may continue for a few weeks following surgery.
2. **Do Not Blow Your Nose** until instructed to do so by your physician. You may **gently** sniff to clear you nose. If you must sneeze, do so with your mouth open to avoid excessive pressure in your nose.
3. A moderate amount of bloody mucous drainage can be expected for 24-72 hours after surgery. **Do Not Swallow This Drainage – It May Cause Nausea and Vomiting.** You must spit out bloody secretions. If you develop bleeding from the nose, apply ice compresses; lie down with your head propped up on several pillows and **Try To Relax.** You may use a small piece of cotton ball soaked with Neosynephrine inserted into the nose. Leave in place for 5-10 minutes. If bleeding becomes profuse or does not stop after trying the above measures, Call the Office!
4. **Pain:** Pain in the nose, palate and/or teeth is normal after nasal or sinus surgery and varies in extent from patient to patient. A prescription for pain medication will be given; take as directed. If you do not need the prescribed medication and want to take an over-the-counter medication, only take Tylenol. Do not use Aspirin products or Ibuprofen (Motrin, Aleve or Advil). Do not take Tylenol with your pain medication. You may alternate Tylenol with your pain medication providing you wait 4-6 hours between doses.
5. Avoid strenuous activity and contact sports after your surgery. Your physician will advise you when you can return to normal activity. During the healing phase, the septum can be injured if directly hit. No bending, stooping or lifting.
6. Resume your normal diet as soon as you feel able. Drink large amounts of liquids following surgery. You may want to keep water at your bedside to sip on during the night.

7. A small bedside humidifier may be used for a few weeks after surgery to moisten the air you breathe and make your throat more comfortable.
8. Your physician may advise the use of a nasal spray (Ocean, Salinex, Ayr, Alkalol, or Sinus Rinse) to moisten and help prevent crusting post-operatively. Every hour use 3-4 squirts in each nostril. If crusting does occur, you may **GENTLY** clean any dried blood from around nostril with a Q-tip moistened with Hydrogen Peroxide and warm water. **Do Not Clean Deep Inside the Nose.** You will be advised when to resume use of your prescription nasal sprays.
9. Your physician will advise you when to schedule your follow-up appointment. He will remove the splints and/or cast at this time. **Rarely** patients get light-headed or faint when the splints are removed. You may want someone to drive you for the appointment. Someone **should** drive you if you have taken narcotics.
10. If you have had cosmetic nasal surgery done or repair of nasal fracture, do not wear glasses directly on your nose until advised to do so by your physician. If you have had cosmetic nasal surgery, it is important to shield your nose from the sun for the first six months after surgery, as you will tend to burn more easily. A sunscreen of at least 30 is advised.

PLEASE DO NOT HEISTATE TO CONTACT US WITH ANY QUESTIONS OR PROBLEMS. 410-760-8840