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## ***Post-Operative Care: Deviated Septum and Sinus Surgery***

- 1. First day:** When you are discharged from the hospital, you likely will have a nasal gauze dressing acting as a drip pad. Feel free to remove it if there is no bleeding. Be advised that it is quite normal to experience some minimal bleeding or blood-tinged mucous oozing from the nose or collecting within the throat during the first 24 hours. Change the gauze drip pad as needed. If you experience **HEAVY BLEEDING**, apply pressure by “pinching” the nose for approximately 15-20 minutes. If this fails to control the bleeding, contact me.
- 2. Medications:** You will receive several prescriptions in your pre-surgical packet.
  - **Antibiotics-** For those undergoing **SINUS** surgery, it is advisable that you take an antibiotic during the post-operative period to help prevent infection. You will be given Amoxicillin- a broad spectrum form of penicillin, used 3 times a day for 10 days. If you are allergic to Penicillin or are susceptible to forming yeast infections or simply are averse to using antibiotics, please inform me. For those undergoing **SEPTAL** surgery alone, antibiotics are not required.
  - **Pain Relief:** As there is minimal pain following this type of surgery, most patients do quite well simply with Extra-Strength Tylenol (2 tabs every 4-6 hours as needed). Nevertheless, you will be issued a prescription for Tylenol with codeine; fill the prescription if you are so inclined. Avoid using aspirin or other analgesics such as Ibuprofen (Advil, Nuprin, or Naprosen) as they can promote bleeding.
  - **Saline:** begin using a normal saline (salt water) nasal spray (Ocean, AYR or any generic spray) the day of your surgery. Two sprays in each nostril several times a day helps keep the nose moist and minimizes crust formation within the nose. This should be performed daily for the first 2-3 weeks following your surgery.
- 3. Swelling:** Understand that although there is little evidence of your surgery based on external appearance alone, the nasal cavity has undergone quite a surgical insult and will swell internally over the next several days. Although your nasal airway may have been considerably improved **immediately** following the surgery, it is quite common for the airway to diminish as swelling sets in. Do not become alarmed! As the septum/sinuses heal over the next 2-3 weeks, the swelling will recede and your airway will significantly improve.
- 4. Packing:** Most patients will emerge from anesthesia with the nose packed to help prevent bleeding. Ordinarily this packing is removed prior to leaving the hospital. If your nose requires packing overnight, you will be provided with instructions for packing removal (ordinarily performed in the office on the day following your surgery.)
- 5. Nose blowing:** Gentle nose blowing to clear your secretions during the first several post-op days is permissible. However, heavy nose blowing, especially in those who underwent **SINUS** surgery should be avoided. This can lead to bleeding or other serious complications.
- 6. Follow up:** call my office (212 366-0848) to schedule a follow-up visit approximately one week following your surgery. You likely will have crusts that require removal.

*Hang in there! Will Portnoy Diana del Valle*